

**”School in Movement: enjoying wealth being in good health” 2014-1-ES01-KA201-003518\_4**

1. **DO PHYSICAL EXERCISE USING COMMON SENSE, CAUTION AND CONSTANCE**
2. **DO PHYSICAL EXERCISE WHICH DOES NOT INVOLVE TOO MUCH WORKLOAD**

1. **DO AEROBIC EXERCISE ALONGSIDE WITH STRETCHING ACTIVITIES**
2. **DEVELOP AWARENESS ON THE TECHNIQUES REQUIRED BY DIFFERENT SPORTS**
3. **INCREASE THE AMOUNT OF EXERCISE GRADUALLY**
4. **DO PREPARATORY TRAINING BEFORE STARTING ANY SPORTS ACTIVITY**
5. **REST AND RECOVER YOUR STRENGTH AFTER ANY RELEVANT PHYSICAL EXERCISE**
6. **INTEGRATE PHYSICAL EXERCISE WITH A BALANCED MEDITERRANEAN DIET**
7. **DRINK PLENTY OF LIQUIDS BEFORE, DURING AND AFTER EXERCISE**
8. **HAVE A REGULAR CHECK UP DONE IF YOU COMPETE IN SPORTS**

**Edited by Debora Sefaj 3rd Hs** ****