Training safely

Getting stronger is the goal. Getting hurt isn't part of it.

1. Warm up first and stretch after.
2. **Sharp pain means stop.** Sore is normal, sharp isn't.
3. Drink water, and eat something after a hard session.
4. Lifting weights can be great with **good form and sensible weights**, ideally with a coach.
5. Be careful with supplements and fitness influencers. You're still growing, and a good diet is enough.
6. Increase intensity a little at a time.
7. **Rest days are part of training**, not a break from it.
8. Dizzy, chest pain or unusually out of breath? Stop and see a doctor.

Need help right now? Call your local emergency number. Free helplines: https://axklo.com/safety/help