

Your 7-Step Weekend Warrior Injury Prevention Checklist

1. Warm up properly

Prepare your muscles and joints for movement. A good warm-up gets your blood flowing and increases your body temperature, helping your muscles become more elastic and ready for physical activity. Start with light cardio or dynamic stretches to ease your body into motion and reduce the chance of sprains or strains.



2. Stretch Regularly

Stretching improves flexibility and lowers the risk of injury. Keeping your muscles flexible helps you move more freely and protects against muscle pulls and joint injuries. Incorporate stretching into both your warm-up and cool-down routines, focusing on the muscle groups you use most during your favorite weekend activities.

3. Use proper technique

Prevent unnecessary strain or overuse. Using the correct form during exercise, sports, or even yard work can make a big difference in preventing injuries. Don't rush movements, and if you're unsure how to do something properly, seek guidance from a coach, trainer, or reliable instructional videos.



4. Wear protective gear

Helmets, braces, or pads can reduce impact. Whether you're biking, skiing, or playing contact sports, the right gear can reduce your risk of serious injury. Make sure your equipment fits well and is in good condition — it's a simple step that can have a big impact on your safety.

5. Build gradually

Increase intensity and duration over time. Jumping into intense activity without preparation can lead to overuse injuries or muscle fatigue. Instead, gradually ramp up your workouts or sports participation to give your body time to adapt and strengthen.



6. Rest and recover

Give your body time to heal between sessions. Recovery is just as important as exercise. Taking rest days, getting enough sleep, and practicing active recovery methods like light stretching or walking can help your body repair and come back stronger.

7. Listen to your body

Pain is a warning sign — don't ignore it. It's tempting to push through discomfort, but persistent or sharp pain could indicate a developing injury. Pay attention to what your body is telling you and don't hesitate to scale back or seek medical advice if something doesn't feel right.

