



## WINTER SPORTING TIPS

Winter sport is back on and for many that may mean the first serious exercise since lockdown began. So here are some great tips to help see you through your sports in these colder months & hopefully stay injury free.



Extend your warm up in cooler conditions



Stay hydrated, it's easy to forget to drink when it's cold



clothing & gloves

Pre-warm with layers of



Bring a change of gear for after your game in case you get wet



Check the grip on your shoes as it gets slippery after rain

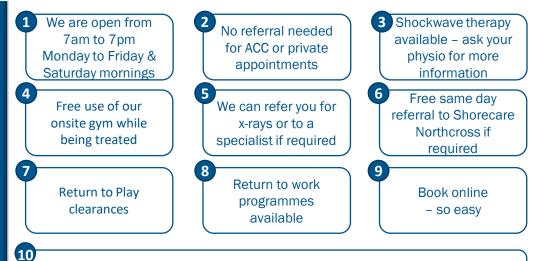


Don't play if you have flu or are unwell

Asthma can be triggered by exercise & cold air.

Use your preventer & check the expiry date of all your medications.

## NORTHCROSS CLINIC FUN FACTS



If you are unable to physically attend an appointment due to ill health or other reasons we can organise a Telehealth appointment via video or phone consultation

## WE STOCK A FULL RANGE OF REHAB PRODUCTS WHICH ARE AVAILABLE AT BOTH OUR NORTHCROSS & NETBALL CLINICS OR ONLINE.....*plus*



BEANIES only \$15 Great for keeping your head warm on the sidelines or post game



ASICS Netball Shoes available from our clinic at Netball North Harbour – get fitted by the experts!

Our Northcross Clinic has a fully equipped rehab gym that you are encouraged to use FREE of charge whilst we are treating your ACC injury.



Gym memberships also available for purchase.

Our physios can tailor a programme to fit your needs.

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