

# ON TRACK!

## TOP TIPS FOR RUNNERS

### Runners: SHOULD I STRETCH BEFORE OR AFTER A RUN?



#### BEFORE.

Do dynamic stretches like walking lunges or leg swings that activate the muscles you'll need for your run.

### Runners: ICE OR HEAT?



#### ICE = INJURIES HEAT = MUSCLES

Ice reduces inflammation & swelling.  
Heat soothes sore muscles.

### Runners: SHOULD I EAT AFTER A RUN?



#### YES.

Replacing nutrients & fluids is important after exercise.

**A post-workout snack should include both carbs & protein.**

#### SOURCES:

northshore.org  
painscience.com  
runnersworld.com  
health.usnews.com

