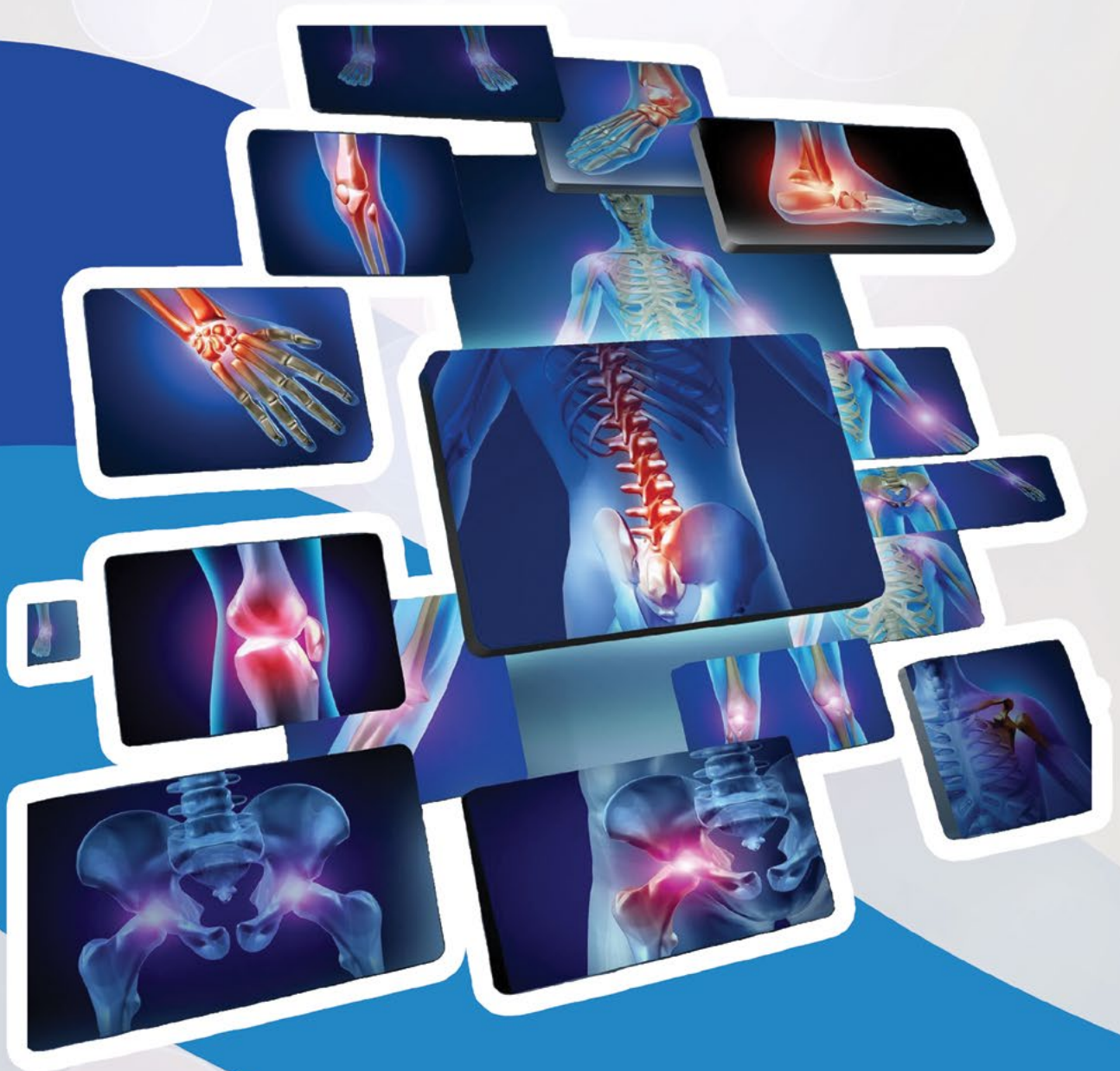




INJURY FREE

FITNESS



GUIDE TO PAIN

FREE TRAINING

Guide to Pain Free Training

Hey I am Keiron founder of Injury Free Fitness and thank you for downloading this ebook.



At Injury Free Fitness we help our clients get in shape while being mindful of injuries. Below are 6 tips to help you avoid injuries and recover faster on your fitness journey.

Get in touch [here](#) if you would like some guidance through this process.

Tip 1

Get help

Even with all my expertise knowledge and experience *I have personally hired 4 different trainers in the past to coach me.* Every session I learn something new about my body and how to perform better. Even if I use a mirror I would still find it hard to notice my posture and technique especially when tired from the workout. Safe and effective body conditioning relies heavily on having the right technique. So for this reason I would highlight the importance of working with a good trainer to avoid injuries.



Tip 2

Choose the best form of exercise for you

Your choice of training method look at 3 things.

1 1st What is your goal

For example if you want to lose weight you might choose HIIT style training. Or if your goal is to have abit of fun you might choose a dance style class.

2 2nd Is it sustainable?

Whatever you choose ask yourself, are you likely to stick with it? If it's too far away too challenging or doesn't fit into your lifestyle then consider trying something else.

3 3rd Is it appropriate for your physical ability?

If you're really stiff you might opt for a beginner's yoga class. If you're heavy set and want to start road running you will have to have a considered plan for building up the mileage to allow the body to adapt.

Tip 3

Warm up effectively

The type of warm up you do will depend on the type of training your about to undergo. Your warm up should include similar movements at a lower intensity to the main workout. If you know you have a muscle imbalance or weakness *muscle activation can be super beneficial*. And if you are nursing an injury it would be a good idea to spend a little bit of extra time mobilising that area to increase and readiness. As a general warm up, 5 minutes of dynamic stretches is a good all round warm up for most activities. Search warm up at www.injuryfreefitness.co.uk



Tip 4

How to avoid injuries during the workouts

It's ok to zone out or get in the zone during your workouts in fact I encourage it because this is a natural state. When in the zone all your senses are alive and the body works harmoniously with you and the activity you're doing to achieve an effective and enjoyable workout. *What you don't want to do is get stuck in your head and not concentrate on what your body is doing.* There is plenty of research which shows an increase in sporting injury is correlated with day to day stress and also big traumas too. Try not to daydream and focus on what you are doing, this way your body can effectively communicate if there's a problem.

Tip 5

Essential body maintenance

When people come to me with minor complaints, i always ask 'what do you do to prevent injuries? They look back at me with a blank stare and proceed to tell me about more training. What i mean by this is TLC, not the girl band but tender loving care. *I liken our bodies to cars it will only go so far before it breaks down.* Just like a car you have to service and maintain your body. Give it the right fuel,stretch,massage, foam roll, trigger point, self myofacial release take hot bathes and when the engine light come on (pain) you should react as this is a warning before injury (breakdown) sets in.

For instruction on how to maintain your body go to injuryfreefitness.co.uk and use the search bar to look at maintenance.

Tip 6

Nutrition and recovery

Having extra protein does definitely help with workout recovery. However a well-rounded diet of fats proteins carbs vitamins and minerals will always be the best option. If you are eating the former you don't need to do anything special with your diet to avoid injuries. But if you think you are falling short we would recommend a good protein supplement. Go to [our shop](#) and check out our recommendation for food supplements.

Here are 5 foods that are good for recovery and repair

1. Water is good for muscle soreness and recovery.
2. Fish is good for decreasing inflammation and repair.
3. Almonds and other nuts for repair.
4. Fermented foods are good for the gut and aid immunity.
5. Turmeric and ginger are also aid in repair and recovery.

There you have it! 6 Tips to keep you training pain free on your fitness journey. Get in touch [here](#) if you would like some guidance through this process.

