





## Safety And Health Advice For **YOUNG TEEN ATHLETES**

Warm up and stretch before  
doing any sport or activity




Eat a nutritious and  
well-balanced diet

Don't skip meals but control  
your portions




Take enough rest and  
get proper sleep

Always stay hydrated



Use appropriate equipment  
and wear sports gear

Follow the proper techniques  
and guidelines of the sport



Do not ignore any pain  
or injury

### References:

1. 10 Tips for Preventing Sports Injuries in Kids and Teens; The Johns Hopkins University
2. Take Charge of Your Health: A Guide for Teenagers; National Institutes of Health