



Understanding Your Body

FACTS TO HELP YOU HELP YOURSELF

Nimble Tips For Active People

(NAPSA)—Whether you're gardening or golfing, in a tennis game or a typing pool, your health and fitness are important. That's why the better you understand your body, the less likely it is you'll suffer an injury. Here is some helpful advice from experts that will keep you on the field and off the injury list.

- Warm up and stretch adequately. Ten minutes should do it. Don't forget to place emphasis on the muscle groups that will experience the greatest stress. The stretching is important after the activity as well.

- If your muscles and joints tend to be prone to injuries there are steps you can take beforehand. Innovative athletic bandages, such as SelfGrip self-adhering athletic wrap help prevent damage by supporting the weakened area firmly, yet comfortably.

- Build up gradually. Start with fifteen minutes of low-impact aerobic exercise three to five times the first week, and slowly increase the duration of each workout.

For those who do get injuries there is a flexible therapeutic support glove that reduces pain resulting from strain, stress, cramping and swelling affecting



Whether you are on the golf course or at your computer, hand injuries can be prevented and eased with the right bandage or the right glove.

the fingers, hands and wrists. The glove, called HANDEZE® has been featured on national television and in numerous special-interest magazines.

People who are suffering from the pain associated with repetitive hand motions will experience soothing relief immediately from the support, heat-retaining qualities, and massaging effect.

Both SelfGrip and HANDEZE are available at retail, drug and office supply stores nationwide. For more information call Dome Industries at 1-800-432-4352.