

# Tips for a master athlete



## Self control

We are growing older and our bodies are no longer as capable as they once were, so don't demand too much of yourself. **Wear your age with pride!**



## Prevention

Do a stress test to make sure you're fit and in good form. **Do not skip any medical check-ups!**



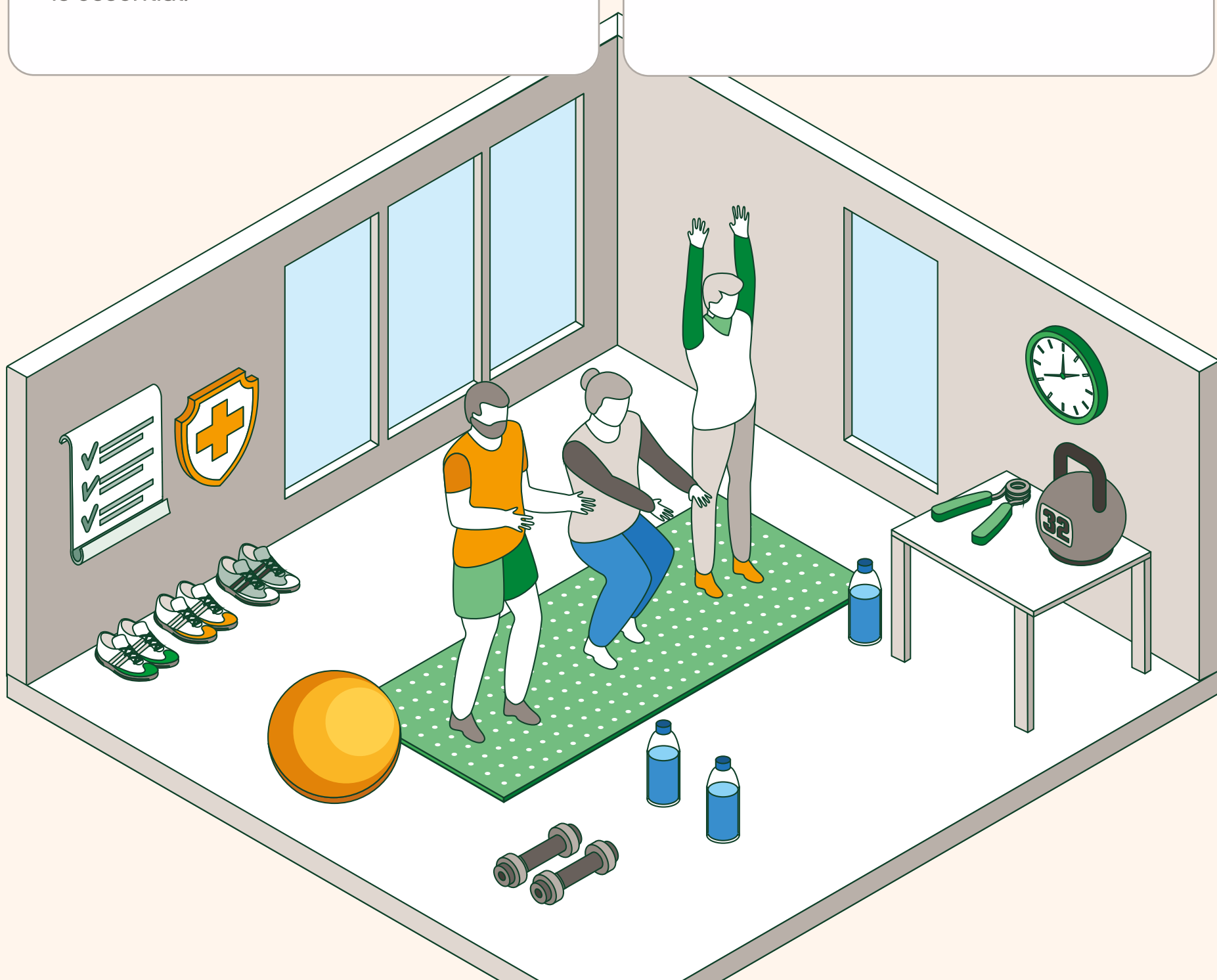
## Diet

**Take good care of your diet** because certain foods become more difficult to digest with each passing year. A varied diet is essential.



## Safety

**Take care of the surfaces on which you run** and keep your sports equipment —your shoes in particular— in perfect condition.



## Take your time

It is important to take time for **breaks, warm-ups and stretches.**



## Health

**Avoid prohibited medications!** With age, the liver and kidneys lose their efficiency.



## Be careful

**Remember that you are an active athlete** before seeking any prescriptions from your doctor.



## Intensity

Training and exercise change according to your age. **Consult a coach** who will personalise your workout.