

# 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!**



## DIET

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



## TAKE YOUR TIME

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



## BE CAREFUL

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



## PREVENTION

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



## SAFETY

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



## HEALTH

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



## INTENSITY

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



Source: Christophe Ramírez, RFEA Chief Medical Services.