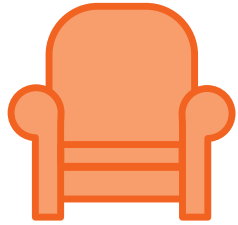


Advice when exercising

- The session is not tailored to any specific needs. It's designed for guidance, motivation and educational purposes only.
- No information should be taken as medical or professional health advice.
- You should assess the activity to decide if it's suitable for you, and make sure you have the right facilities and practical support.



Risk assess your area

Clear any potential hazards so there's enough space. If you're using equipment during the session, make sure it's suitable for the activity.



Know your limits

Take breaks when needed.



Stay hydrated

Drink water before, during and after a session and take it easy in hot weather.



Stay connected

Keep your mobile phone near you in case of an emergency.