

SOLDIERS LEADERS CIVILIANS FAMILIES

# Take 5

for Sports and Fitness Preparation

- Minimize injuries with proper planning before physical activities.
- Sports and physical training produce the most injuries.
- Proper gear and equipment play a role in injury prevention.
- Clothing should be light, loose and comfortable.
- Don't go out in extreme heat; stay indoors for activities.

*Take 5 ... then take action.*



ARMY SAFE  
IS ARMY STRONG

