

Health, Beauty & Fitness

Ten tips to prevent sports injuries

More than ever before, Canadians are playing sports and exercising. As a result, sports-related injuries are on the rise. Whether you engage in sports recreationally or professionally, you may be increasing your risk for injury.

Follow these tips to help limit the potential for injury.

1. Make sure you are physically fit before you take part in a sport.

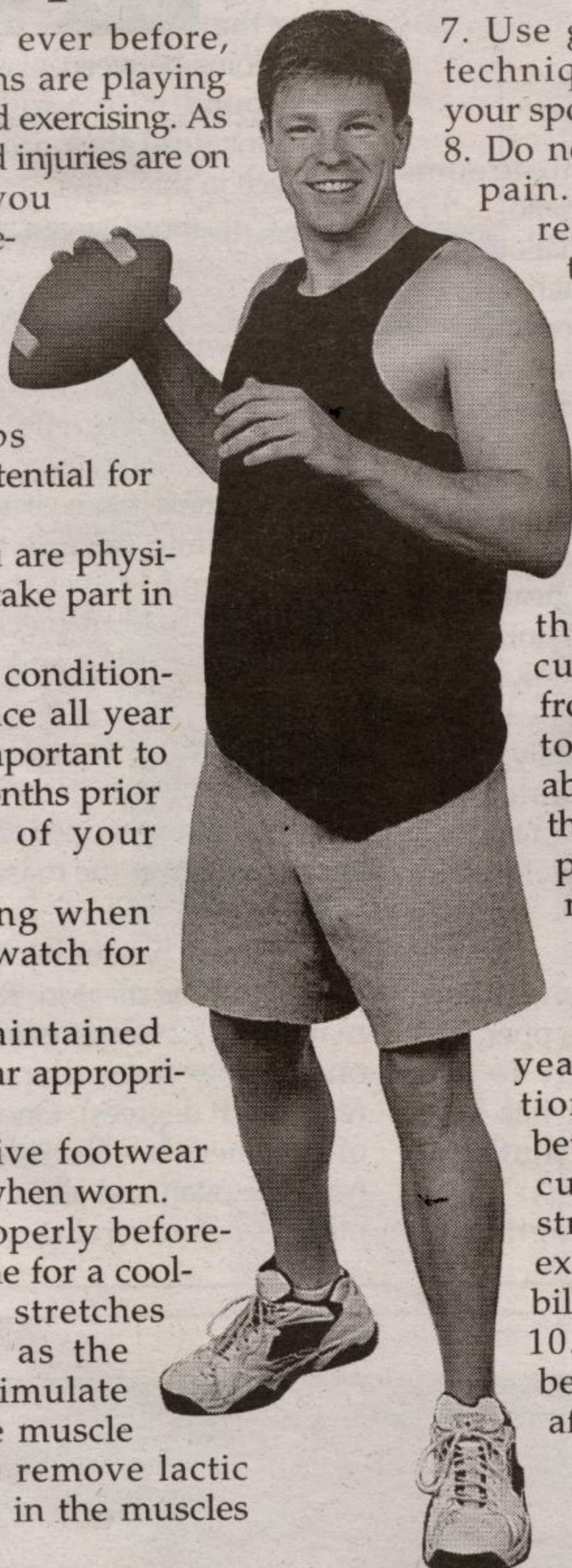
2. While muscle conditioning should take place all year round, it is very important to train one or two months prior to the beginning of your sport's season.

3. Avoid training when you are tired and watch for signs of fatigue.

4. Use well-maintained equipment and wear appropriate protective gear.

5. Wear protective footwear and replace shoes when worn.

6. Warm up properly beforehand and allow time for a cool-down. Cool-down stretches are as important as the warm-up. They stimulate blood flow, reduce muscle soreness and help remove lactic acid that builds up in the muscles during exercise.



7. Use good form and technique specific to your sport.

8. Do not play through pain.

Many researchers agree that a sports injury can predispose a person to the development of arthritis later in life. If you had a sports injury in the past and you currently suffer from arthritis, talk to your doctor about medications that can relieve the pain and inflammation of arthritis and help you remain active.

9. Balance your year-round conditioning program between cardiovascular exercise, strengthening and exercises for flexibility.

10. Drink water before, during and after exercise.

By Karen Webb,
physiotherapist
—News Canada

Texture dominates hair trends this fall

For fall/winter 2002/2003 the hottest hair trends, as seen on the European runways, maximize hair's natural texture, according to Schwarzkopf Professional Ltd., an international leader in hair colour and care.

Even Jennifer Lopez has put her straightening iron away, and is allowing her hair to flow in its natural state. Two main hair cutting trends are dominating the runways this season – 'new wave' and patchwork panels. Both of these looks are highly influenced by texture.

New wave

Inspired by the 50th anniversary of Andy Warhol's 'new wave,' runway models are cutting their hair to reinvent this classic, soft-edged look. Cuts are slightly shorter than last season, moving up the neck to create a mid-length layered look with defined texture at the tips. This look is a modern interpretation of '60s fashion icons, such as Edie Sedgwick and Twiggy.

Patchwork panels

Mirroring the patchwork designs of the Eastern European peasant style showcased at runway shows, hair features patchwork-inspired elements. Various sections of the hair are dried and styled to create different finishes and textures. This look can be achieved with a combination of cuts, layers and styling aids, and for the adventurous at heart, can be accentuated with variations in colour. For example, light blonde straight layers overlaid on top of caramel coloured textured waves can emphasize the contrast in textures and finishes.



Long, sleek and elegant

Also popular is the "Jessica Rabbit" look. This look features smooth, '40s-inspired waves falling across one eye and dropping to below the shoulderline— much like Nicole Kidman in *Moulin Rouge*. To achieve this look, large quantities of mousse should be worked into hair before setting in heated rollers. Texture can be achieved by using a smooth bristled brush to create the elegant '40s wave, and finished off with a strong-hold styling spray to secure the look.

Hair colours

Typically, dark colours dominate fall/winter fashions... not this year. Contrasting colours help to enhance the patchwork look and also aid in highlighting the definition in various textured cuts. Some popular contrasts include caramels and shiny blondes; bleached out blondes contrasted with darker sections, bleeding through at the roots; and light hair tips with dusty brown roots.

— News Canada



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