




What Fitness Proponents Need to Know


Promoting physical activity is a strategic approach to helping people stay healthy. One of the concerns about increasing physical activity, however, is the risk of injury associated with exercise.


The BC Injury Research and Prevention Unit (BCIRPU) recently conducted an evidence research review to determine if increased physical activity leads to increased injuries. The key finding is that, while more activity may not lead to more injuries, more attention must be given to injury prevention and the potential injury consequences of physical activity for those who promote physical activity, as well as to those who conduct research on the effects of physical activity promotion.

-  **Only a small percentage of those who increase their physical activity experience minor injuries.**

-  **Increasing physical activity is unlikely to increase the risk of severe injury.**

-  **Those engaged in higher levels of physical activities are more likely to sustain injuries.**

-  **Overweight and obese individuals may be at a higher risk of sustaining injuries. This is of particular concern given that physical activity is promoted as a weight-loss strategy.**

-  **Increased collaboration between injury-prevention specialists and physical activity specialists can help reduce fitness-related injuries.**

To see the full research review, please go to: www.injuryresearch.bc.ca, and view the report:

The Injury Consequences of Promoting Physical Activity

Injury prevention must play a role in efforts to increase physical activity

Efforts should be made to educate researchers and practitioners who promote physical activity about the importance of injury prevention.

Professionals and organizations that promote physical activity should ensure that they are educated on evidence-based strategies for preventing injuries associated with physical activity

Professionals should also ensure that their clients are aware of potential risks of injury associated with a particular activity and the strategies that can be used to avoid injury.

We would like to engage with all fitness proponents to exchange information and to reduce fitness-related injuries. Please contact:

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