

SOLDIERS LEADERS
CIVILIANS FAMILIES

Take 5

before the run!

It's a Stretch

- Wear loose, light-colored clothing and comfortable shoes
- Stretch before and after running
- Stay hydrated and avoid drinks with high sugar concentrations
- Run in the shade whenever possible; heat is an issue even if you're not in the direct sun
- Know your limits. Start with a short run and build on it over time



What Have You Done,
to Save a Life Today?



ARMY SAFE
IS ARMY STRONG

