



I'm Dr. David Argo of Beacon Orthopedics & Sport Medicine. The flying pig weekend is just around the corner. If you are one of the thousands of tri-staters who plan to participate, here are some basic tips to make it a great experience:

Tip #1

1. Get your medical checkup and then develop a plan for success.
2. Decide if you want to walk, run or relay. Your little ones can even participate!
3. Use the Internet as a resource tool, like our website, www.beaconortho.com or www.flyingpigmarathon.com.

Tip #2

1. Train with a partner; it will challenge you and keep you motivated!
2. Get the right shoes and break them in early!
3. Hydrate, hydrate and hydrate and remember to do proper stretching before and after your training.



Tip #3

1. Eat Properly. Good carbohydrates like pasta will help give you the fuel you need to sustain a long race.
2. Listen to your body; if something hurts- don't ignore it! Continued use may further aggravate a possible injury.

**If you need us – call Beacon at 513-354-3700
Have Fun and see you at the Finish Line!**