



## #EverydayEB Peer-to-Peer Tips: Sports & Active Living

### Sports Gear Recommendations

Tips
Comfortable fitting sneakers and socks
Towel or blanket for stretching
Ointment for reducing friction
Carry a wound-care kit in case of injury
Yoga pants (stretchy, comfortable, easy to put on and take off)
Silipos Gel pads (for elbows, knees, and shins, providing protection during activities)
Long sleeve clothes (to protect skin, wrapped with thin bandages so equipment does not dig into skin and cause friction)
Batting gloves (for baseball)
Soft yoga mat
Sneakers that do not give you blisters, modified with metal pieces glued on (for tap dance)
Well fit boots, where your feet don't move (for skiing)
Leather handlebar grips (for bike riding)

### Favorite Physical Activity/Sports

Activity
Dancing
Walking
Swimming
Yoga
Playing with pets!



## Training Insights

Tips
"You can train your legs by just sitting somewhere and swinging them." (RDEB)
"Loose clothing, pat dry when sweating. Comfortable fitting sneakers and socks." (EBS)
"Yoga mats may not always be the best option for stretching since they can cause friction when moving. A towel or blanket may be better for the skin. As with all exercise, remember to stay hydrated, eat beforehand, and carry a wound-care kit to any sessions in case of injury." (DDEB)
"Always know your limits. And listen to your body! Your body will never steer you wrong. It's okay to push a little, but it's always super important not to push past your limits because you're the one that has to deal with the pain and the injuries that can happen when you overdo it. I speak from experience." (DEB)
"Yoga and stairstep exercises indoors - no shoes required!" (EBS)
"No training techniques. For my feet, I coated my feet with Vaseline, wore a very thin sock, then wore a thicker sock over the thin sock. It did help on the friction." (EBS)
"I've found stress contributes to blister development. If I'm stressed, blisters form easily; if relaxed, I can go without. Life stress, work, relationships, and physical activity can trigger blistering. Though not athletic, I've learned to manage by keeping activity light and knowing my limits." (EBS)

