

BRING ON THE SNOW.



Serious athletes train year round, but as you train, remember—cold weather calls for longer, more gradual warmups, layering with moisture wicking clothing, and ample hydration. This is also a great time to build your overall fitness level for your primary sport with cross-training. For more cold weather training advice and injury treatment year round, count on Dr. Cutter, Dr. Dec, and the experts at CJW Sports Medicine.



CJW is the Gold Standard in Sports Medicine:

- Best-equipped sports medicine facility in Richmond.
- Richmond's only outdoor sports assessment field—sports medicine experts evaluate you in action.
- Customized, physician-led treatment programs.



CJW Sports Medicine

CJW Medical Center

560-6500
cjwmedical.com



There is a difference between hospitals. Choose wisely.