

# POKEMON GO SURVIVAL TIPS

LOVE IT OR LOATHE IT, HERE ARE SOME HANDY TIPS TO HELP YOU SURVIVE THE WORLDWIDE CRAZE THAT IS POKÉ MON GO.

## "Gotta' catch em' all"

1. Walking is awesome. Take special care if you're unfit or don't walk regularly. Your body will take some time to adjust to this sudden increase in exercise. Make sure you warm up and cool down. For those long poke hunts, make sure you wear some decent walking shoes and stay hydrated. It's normal to be a bit sore after exercise; don't be too worried, have a rest day and restart.

However, if you develop shin splints or any other persistent aches or pains, visit an osteopath to help alleviate pokemon chasing related injuries.

2. Look up! Be careful when crossing streets and don't wander on to private property - no matter how high the CP of that Dragonite is. Osteopaths don't like treating injuries caused by cars accidents or agitated home owners.

3. Is your arm stiff from holding your phone out in front of you? Perhaps you have finger fatigue from flicking pokeballs\*, especially if you catch every zubat you see. Repetitive movements can place too much pressure on the same joints.



Vary the fingers and hand you use; give them a gentle stretch out every thirty minutes.

\*Also applies to repeated flicking on Tinder.

4. Think about combining podcasts with your pokehunting. Turn off the app 'sound effects', download your podcast of choice and start walking. With your phone in hand, and vibration notifications left on, you can turn your pokehunting into an educational experience.

## I pika-choose not to be part of this

There is always an element of anti-cool with any trend that comes through. You hate cartoons filling up your Facebook feed and you can't stand the sudden influx of slow walkers and crowds at weird places. That's fine. Just remember:

1. Anything that gets people moving is good. Exercise of any type has been shown to improve people's cardiac, respiratory, physical and mental health. It also reduces the risk of cancer, diabetes, dementia, alzheimers, arthritis and other conditions.

2. People are getting out and soaking up vitamin D (note: sunburn is never healthy or cool). This is crucial in maintaining healthy bones because it facilitates the absorption of calcium into our bodies. Low vitamin D levels have also been found to be linked to high blood pressure (so if pokemon speak makes your jiggy puff, it may be time for you to catch some sunlight yourself).

3. When stuck in conversation about pokedexes and gym battles, refrain from the common coping mechanism of jaw-clenching. Jaw clenching is one of the main causes for headaches.

4. Wall-punching, aggressive forehead slapping and keyboard bashing; don't do these. They really hurt, can cause injuries and will not prevent people posting photos of their pokemon.

## What is a Pokémon?

That is a lovely rock that you dwell beneath. Remove it slowly and gently.

