

# Introduction to Gardening

Unfortunately, every time you water the garden, you also water the weeds! While many people garden for the pure pleasure of it many others garden out of pure necessity. Whatever your reasoning, gardening can be a fun but formidable recreational activity that can certainly result in injury. There are several tips you should wisely heed regarding the best equipment to use, along with using the proper technique in order to make your gardening experience both pleasurable and injury-free.



This part of our website is designed to assist you in preventing injuries while gardening by helping you to choose the best gardening equipment, assisting you to prepare your body for the task, and by making you aware of the most common injuries that might occur. No need to be laid up in pain when you should be out skipping through your daisies!

**Click on a link below to learn more:**

- [Be sure to stretch](#)
- [Enjoy yourself but don't strain-yourself](#)
- [Use the right tools the right way](#)