



WELLNESS NEWSLETTER

Sept./Oct. 2008

Fall Sports

Fall sports injuries are some of the most dangerous. Students are just getting back to school and many end their summers on the soccer field, running long distances or drilling twice a day for football.

The heat and the long summer break leave players out of shape for the hard-hitting early season. These



are some of the dangers fall athletes can expect to weather. To avoid some of the common early season issues (shin splints, sore knees, strained hip flexors and hamstrings, etc) remember to warm up properly! An active stretching program before practice and static stretches at the end. Don't let little problems turn into nagging issues which are still with you when the games start.

October is National Physical Therapy Month:

For the month of October physical therapists nationwide will be educating their patients and communities on the benefits of physical therapy. This year the theme for National Physical Therapy is "It's all about Movement". On that note there are a lot of youth that are involved with athletics, which is wonderful because children are staying active, but for parents and coaches that are dealing with these young athletes it is important to know sports injury prevention guidelines:

1. Encourage children to maintain a good base of fitness throughout the year and avoid any quick starts to a new routine. Kids should always be encouraged to exercise for fun and fitness all year long.
2. Suggest your young athlete to try all sports and not specialize in one sport or over train.
3. Exercise, practices and games should always begin with a warm up and end with a cool down.

Heads Up: Recognizing Concussions

With football and soccer season here, parents, coaches and players should all know the warning signs and symptoms of a concussion. According to the Centers for Disease Control (CDC), here are symptoms:

- Balance problems or dizziness
- Nausea
- Double or fuzzy vision
- Headache
- Sensitivity to light or noise
- Feeling foggy
- Concentration or memory problems
- Confusion

For a fact sheet on concussions, visit the CDC at <http://www.cdc.gov/ncipc/tbi/CGToolKit/AthleteFactsheet.pdf>.

Keep Trick or Treaters Safe

Many of us look forward to the visit of the little ones on Halloween. To make sure your visitors are safe this year:



- Clear away lawn equipment and any clutter from the yard, sidewalk and steps
- Turn on several outside lights during the evening
- Use glow sticks instead of candles to light your jack-o-lanterns
- If driving watch out for kids

Here are some tips for parents of trick-or-treaters

- Have your child wear face paint instead of masks. Check to make sure the costume doesn't drag on the ground
- Advise kids to approach only houses that have outside lights turned on and never go inside a house
- Tell children to walk not run and stay on the sidewalk and cross streets only at intersections
- Accompany young children. Older kids should travel with a group of friends

Sharper Thinking

Regular exercise helps to grow more of the blood vessels that supply brain cells with oxygen rich blood. Oregon Health & Science University studies show that physical activity makes people more mentally alert. If you are a couch potato, jump down on the floor and do some sit-ups or jog in place for exercise.



Fire Safety Month

October is fire safety month. Here is a list of things to check out.

- Test smoke alarms monthly. Replace batteries twice a year
- Review your Exit Drills in the Home plan (EDITH)
- Make sure space heaters have an emergency shut-off
- Have your fireplace or furnace inspected annually
- Be sure to have extinguishers on hand and know how to use them
- Never run electrical cords underneath your bed or carpets
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Never leave a candle or open flame unattended

Healthy Recipe of the Month Mango Chicken Salad Sandwiches

2 servings

- 1 ½ Tbsp light mayonnaise
- 1 Tbsp. minced celery
- 1 Tbsp chopped fresh parsley or cilantro
- 2 tsp. fresh lemon juice
- 1 Tbsp. chopped red bell pepper
- 1/2 tsp. creole seasoning
- 2/3 cup peeled and diced mango
- 1 can (6oz) of water packed chicken drained*
- Green leaf lettuce leaves
- 2 whole wheat English muffins, split and toasted
- 1 Tbsp. slivered almonds, toasted

*You may substitute fresh crabmeat or water packed solid white tuna

Combine the first six ingredients in a bowl; stir well. Add mango and chicken; toss gently to coat. Arrange one lettuce leaf on each muffin half, top with 3/4 cup chicken mixture, and sprinkle with almonds. Place on a plate and enjoy!



Each serving contains 408 calories, 9 grams fat
From Pamela Smith's *Eat Well, Live Well*