



The Team That Keeps You Playing

WINTER 2011



### Winter Sledding Tips

- Wear a helmet.
- Wear warm clothes - including heavy gloves and boots.
- Know how to stop your sled or make sharp turn by dragging your feet.
- If you cannot stop your sled, roll off sled.
- Make sure sled is in good condition. Broken or sharp ends can cause injuries.
- Only sled when a parent is present.
- Never sled in unsafe areas like the street, rocky hills, or cliffs.
- Never sled into a snow bank - the snow may hide a tree stump or rocks.
- Never sled when it is icy. Ice makes it hard to steer and stop.
- Never sled in the dark.
- Never ride a sled being pulled by a car, truck or ATV.

### Frostbite?

- Go inside if you get wet or cold.
- If you cannot feel any part of your body or skin or if something tingles, do not rub it.
- If you suspect early frostbite, let it warm up slowly. Seek medical attention if needed.

### Survey Says Americans Hoping for a Fitter 2011

Buoyed by the opportunity for a fresh start in the new year, an overwhelming majority of Americans are hopeful for a renewed commitment to fitness in 2011, according to a national omnibus survey conducted by a national fitness chain. According to the survey, 72 percent of Americans want to commit to exercising more frequently during the next 12 months than they did in 2010. More than 80 percent of adults between the ages of 25 and 34 expect to be more physically active in 2011; that figure dips to 73 percent for adults 35 to 44 and 65 percent for adults 55 to 64.

Other survey results:

- Losing weight (36 percent) ranks as the greatest motivator to exercise regularly, followed closely by appearance improvements (35 percent).
- Men (11 percent) are more than twice as likely as women (5 percent) to cite improving athletic abilities as a key driver of regular exercise.
- Men are more likely than women to cite portion control (14 percent to 11 percent) and eating the right kind of food (19 percent to 11 percent) as challenges to their general health and fitness.

**Impact Sports Medicine is launching new wellness programs in 2011!**

### Ski trip coming soon, and you are not physically prepared?

Although you should have started your preparations for ski season six weeks ago, the reality is your trip will be here soon. There are a few things you can do to minimize injuries. Once at your resort a few basics can make a huge difference. Before heading out for a day on the slopes, you should always begin with a good ten minute stretch. This helps keep your muscles in tip top shape for a very strenuous workout and helps reduce the risk of injury.

Once you are on the hill or trail, you should also do a number of warm up runs. If you are a downhill skier or snowboarder, you can do your first two runs at a lesser pace on less advanced slopes. Cross country skiers should also begin their routine on more level ground at a slower speed as well. In addition, you can also do a couple of extra warm up runs after your noon break to help better prepare your muscles for more exercise.

After a day on the slopes, heat treatment can be beneficial for relieving pain and easing tension in achy muscles. A hot shower or bath can be great, and a trip to the Jacuzzi or hot tub can be much more relaxing and fun.

A therapeutic massage can also be beneficial in improving blood flow and removing Lactic acid from your body. Enjoy your winter vacation, and be safe.

