



Mark Your Calendar!

March 1

- Prime Time Coffee at 10 a.m.
"Healthcare Reform" Chris Kuchta,
Siouxland Aging Services
Please register by calling 546-3410

March 5

- Prepared Childbirth
8:30 a.m. - 3:30 p.m.

March 7

- Diabetes Support Group 7 p.m.
"Technology & Care Update 2011"
Rosanne Osterbuhr

March 8

- Stroke Screening
(\$40 each or \$95 for all three tests)
Appointments necessary 546-3401
- Breastfeeding Class
7 - 9 p.m.

March 12

- Heartsaver Renewal (\$22))
8 - 11 a.m..

March 19

- Babysitting Class (\$15)
9 a.m. - 3 p.m.

March 25 & 26

- Visit our booth at the KLEM Expo!

March 29

- Hot Topics for Parents
"Oh Those Toddlers"
7 - 8:30 p.m.
Disorders of the Thyroid Nursing CEU

Spring In

Though organized sports occur year-round, many children start adding varied workouts to their routines in the spring. Having the proper body mechanics and technique can help keep you safe during your activities.

The American Academy of Pediatrics reports that participation through an organized sport or recreation has increased significantly on the rise, making sure kids get enough exercise for their health. According to Safe Kids USA, more than 100 million school-aged children have at least one organized sport, which equates to 30 million children in the U.S.

With all the benefits sports participation offers, it's important to let's take a closer look at some recent statistics. While most sports and recreation injuries occur in children, 62% of sport-related injuries (62%) occur during participation. The most common types of sport-related injuries in children are sprains, strains, bone or growth plate injuries, repetitive motion injuries. A recent survey found that among athletes, 22% of football, 22% of soccer, 25% of basketball, 25% of injured while playing their respective sports.

Now that we have seen some statistics, how can we help mold a healthy athlete? Make sure kids have the proper equipment for each sport. Coaches should be educated on and enforce rules on their use. Ensure proper technique training for their respective sport. The F.A. program is designed to help.

A lot of energy is spent on teaching proper technique, movements of agility and speed workouts. The F.A. program at Hospital offers a program called F.A. Training. Sessions are offered based on the sport. Athletes learn about nutrition, adequate rest, and their performance in their sport but a common mistake can be no doubt that the athlete can continue to be **healthy!**

In addition to education, the F.A. program includes strengthening plyometrics and sports conditioning.

