

A publication of Fitness for Youth

## S-T-R-E-T-C-H

Stretching too early can cause injury. Cold tight muscles develop small tears if strained too far during stretching. Warm-up before exercising by starting slow (walking) doing range of motion exercises and then stretching afterward.

*AASM, April 1995 press release*



## Rah! Rah! Ow! Ow!

Cheerleading injuries accounted for 15,600 hospital room visits last year, up 33% from 1991. A spokesman for the American Association of Cheerleading Coaches and Advisors says the rising number of participants may be a partial explanation.

*Athletic Business, July, 1995*

## Shins Win!



A study by the Institute for Preventative Sports Medicine in Ann Arbor, MI, showed shin guards reduce impact of strikes to the shin (by kicks, etc.) by up to 77%.

*Jackson Citizen Patriot, May 17, 1995*

## Fearless (with Gear)

Many Little Leaguers report less fear when wearing protective gear (like head and facial protection) and performance levels increase as fear decreases.

*Men's Fitness, February 1994*



## Bumps and Blues(es)

Injured athletes may suffer more with depression, anxiety and lower self-esteem than uninjured athletes.

*Physical Activity Today, Summer, 1995*

## Kid Bits

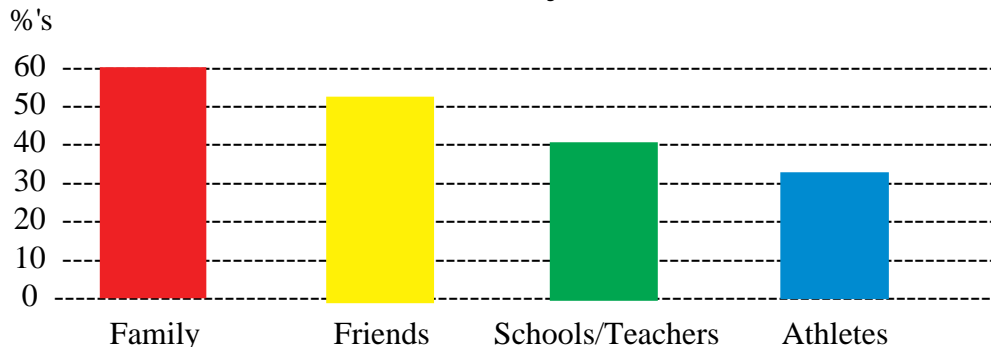
56% of American teens do NOT wear seatbelts

*Vitality, April 1993*

### SOMETHING TO PONDER

#### WHO ENCOURAGES PHYSICAL ACTIVITY IN CHILDREN?

A study developed by the American Dietetic Association (ADA), and the International Food Information Council (IFIC) in cooperation with the President's Council on Physical Fitness and Sports (PCPFS) assessed the attitudes and behaviors of 9- to 15-year-olds regarding physical activity. The pollsters asked the young people "who most encourages you to exercise?" The chart below shows the results of the study.



*State by State, Summer 1995 (The newsletter of the National Association of Governor's Councils on Physical Fitness and Sports)*