

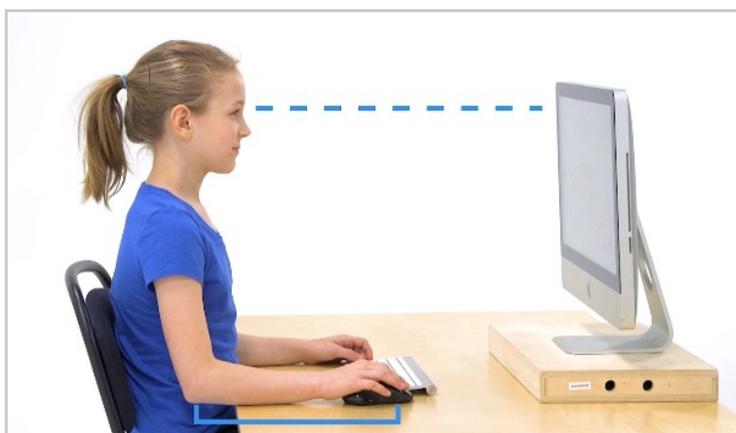
Healthy Posture for Kids



Healthy Standing Posture



Healthy Sitting Posture



Healthy Posture When Using a Computer

Posture is the position you hold your body in when you're standing or sitting. How you hold your body can affect your health, so it's important to practice good posture habits.

Healthy posture can:

- Help you feel better
- Prevent muscle soreness, back and neck pain
- Help you breathe better
- Increase your energy
- Improve your concentration
- Improve your balance

- Boost your confidence

Standing

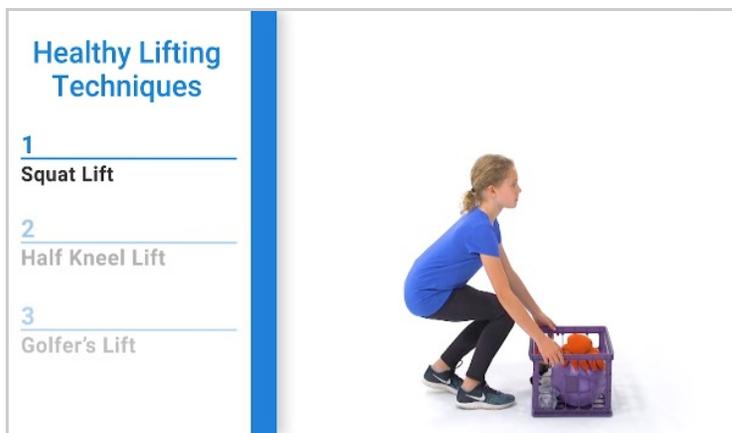
- When you're standing up, stand tall. Imagine someone pulling up on a string that is attached to your head. Keep your ears over your shoulders, and hold your shoulders back and down.
- Pull your belly button in towards your back.
- Stand evenly on both feet.

Sitting

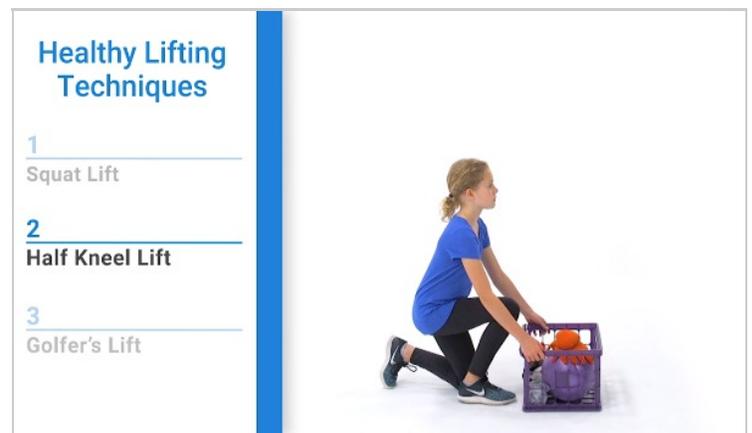
- When you're sitting down, sit up straight and relax your shoulders. If possible, choose a chair with back support so you can rest your shoulders on the backrest. You can also use a small pillow to help support your back.
- Place your feet flat on the floor, so your legs form an upside down "L" shape. Do not cross your legs. If your feet can't touch the ground, use a footstool.
- When using a computer, keep your monitor at eye level and place your keyboard close to your body. Don't do homework on the couch or in bed.
- Lastly, avoid sitting in the same position for more than 30 minutes. Take short breaks to stretch or walk around.

Good posture may feel awkward at first, but the more you practice the more natural it will feel. Your body will thank you!

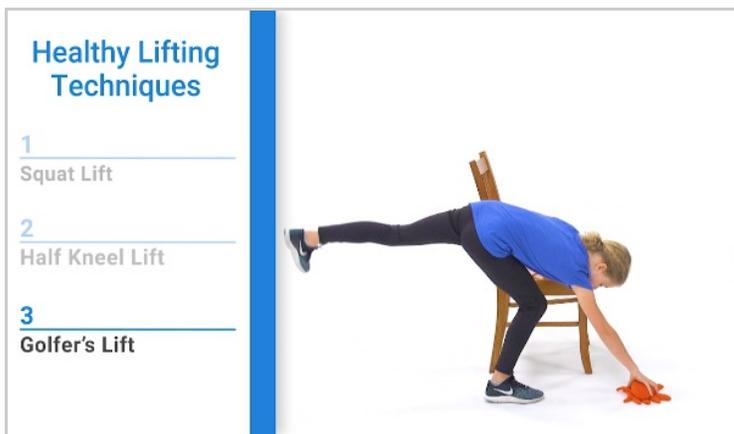
Healthy Lifting Tips for Kids



Squat Lift



Half Kneel Lift



Golfer's Lift

When you lift an object up off the floor, it's important to lift it correctly. Lifting an object the wrong way can hurt your back, neck, or shoulders.

Next time you lift an object off the floor, use one of these techniques to help keep your back safe from injury:

1. Squat Lift

- Start by getting as close to the object as possible.
- Your feet should be shoulder width apart, with one foot slightly in front of the other.
- Squat down, keeping your back straight. The object should be between your feet.
- Pick up the object slowly, holding it as close to your body as possible.
- When moving the object, be careful not to twist your body to turn. If you need to change direction, take small steps with your feet.

2. Half Kneel Lift

- Start by getting as close to the object as possible.
- Your feet should be shoulder width apart, with one foot staggered in front of the other.
- Bend your knees and place one knee on the floor, keeping your other knee bent in front of you.
- Pick up the object slowly. Make sure to keep your back straight and hold the object as close to your body as possible.
- When moving the object, be careful not to twist your body to turn. If you need to change direction, take small steps with your feet.

3. Golfer's Lift

A Golfer's Lift can be used to pick up small, light objects off the floor or to pick something out of a tall box or bin. Use this method for picking up items that you can hold in one hand.

To perform a Golfer's Lift:

- Start by standing near the object you want to pick up.
- Hold on to a countertop, chair, or other stable object for support with one hand.
- Use your other hand to reach down to pick up the object.
- As you lean forward, lift your other leg off the floor behind you. Make sure to keep your back straight.
- If needed, you can bend your standing leg to lower yourself even further towards the floor.



SPORTS NUTRITION

Just as proper physical techniques should be part of every athlete's safety routine, maintaining adequate nutrition and hydration is also important. By following basic nutrition and hydration tips, athletes can stay at peak performance before, during, and after activity.

EATING BEFORE EXERCISE



Total Energy

Most equations for calculating energy needs consider an individual's gender, weight, and height as well as the level of physical activity. Given these differences and the importance of consuming adequate calories, it is important to consult a sports dietitian for the optimal energy prescription.

SPORTS NUTRITION TIPS

EATING BEFORE EXERCISE (Continued)

Total Energy

Most equations for calculating energy needs consider an individual's gender, weight, and height as well as the level of physical activity. Given these differences and the importance of consuming adequate calories, it is important to consult a sports dietitian for the optimal energy prescription.

Carbohydrates

Carbohydrates are essential for peak athletic performance, as the body uses this nutrient more efficiently than fat or protein. The timing of carbohydrate intake is also important. Athletes should consume 1.0 to 4.0 g/kg of body weight one to four hours prior to exercise, focusing on longer-lasting sources of carbohydrate combined with a source of protein (e.g., peanut butter on whole grain bread). Recommendations for carbohydrate intake are higher for endurance training and competition (7.0 to 10.0 g/kg/day) and high-intensity athletics (5.0 to 8.0 g/kg/day).

Protein

The recommendation for daily dietary protein intake is 1.2 to 1.7 g/kg/day. The amount of protein depends not only on the level of physical activity, but also on the athlete's rates of growth or healing. For example, athletes who are in a critical growth period at or around puberty may need more protein.

Fat

Dietary fat serves several functions. It is an additional source of energy, provides essential fatty acids that the body cannot synthesize on its own, and assists in the absorption of fat-soluble vitamins. Athletes should follow the same consumption guidelines as those recommended for the general public: 20 to 35 percent of total calories should come from fat, with less than 10 percent from saturated fat.

EATING DURING EXERCISE

The focus for eating during exercise is on carbohydrates, especially sources of glucose and electrolytes. If exercise lasts longer than an hour, it is necessary to consume an additional 30 to 60 grams of carbohydrates during the activity.

EATING FOR RECOVERY

The focus during recovery is on carbohydrates, especially within 15 to 30 minutes after the activity, when cells are especially receptive to the uptake of glucose. During this time, athletes should consume 1.0 to 1.5 g/kg of a rapid-acting carbohydrate or a ratio of 4 grams of carbohydrates to 1 gram of protein (e.g., low-fat chocolate milk). After 30 minutes, the focus should be on a mixed meal with adequate carbohydrates, protein, and fat.

HYDRATION

Athletes must drink fluids to stay adequately hydrated, as even a loss of 1 percent body weight can reduce athletic performance. Water is a sufficient fluid for hydration. Athletes should consume at least 16 ounces of fluid two hours prior to exercise, and 5 to 10 ounces during exercise, taken every 15 to 20 minutes. Athletes should get into the habit of weighing themselves before and after exercise to determine how much water weight they lose through activity—and consume 16 to 24 ounces of water for every pound lost. Sports drinks are appropriate for athletes involved in endurance activities (e.g., marathon, triathlon) or stop-and-go sports (e.g., soccer, sprinting) to replace lost fluids, carbohydrates, and electrolytes. The most effective sports drinks consist of 6 percent to 8 percent carbohydrates (14 to 19 grams carbohydrates per 8 ounce serving). Diluting sports drinks lowers the carbohydrate concentration, thus providing too few carbohydrates for replenishing those lost.

EXPERT CONSULTANTS

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Sports Tips provide general information only and are not a substitute for your own good judgement or consultation with a physician. To order multiple copies of this fact sheet or learn more about sports injury prevention, please visit www.STOPSportsInjuries.org.

RESOURCES

American Dietetic Association

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