



Health & Wellness TIPS

Trends ~ Information ~ Prevention Strategies

Easing the Transition into Fall

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The days are getting shorter, the cicadas are singing and the back to school sale coupons are arriving daily - all signals that the “lazy” days of summer are soon coming to an end. Hopefully the summer has provided opportunity to slow down a bit and break away from the tight schedules during the rest of the year. Transitioning back to more structure can be tough and even produce anxiety for those starting something new. Fortunately, there are ways to both enjoy the remaining days of the summer and also ease our way into the fall.

Ways to Ease the Transition

Slowly adjust sleep schedule: Waiting until the first day of school or work to get up early can make for a miserable experience. Begin the transition over a few weeks by going to bed ten or fifteen minutes earlier each day and waking up earlier as well. Sleep is a critical component to school and work success and making it a priority is important not only for focus but also for proper immune system function,

weight management and coping with stress. If getting good sleep is a chronic issue this is a good time to create good sleep habits and get help if you need additional resources.

Savor what you love about summer:

Create a “bucket” list of what you love about the summer. For example, it may be longer days, warmer weather, fresh foods, the beach or cookouts. Have you enjoyed these yet this summer? If not, now is it time to create a plan to make the most of the remaining days and savor what you love. Plan a potluck barbecue or picnic, take a day trip to the beach, walk in the park on your lunch hour or stop at the farm stand and make your favorite recipe using summer fruits and vegetables.

Plan for fun in the fall: Think about what you enjoy in the fall. Whether it is football, the leaves changing, apple picking, crisper temperatures, bonfires or warm sweaters, write it down. Begin to plan for the fall while still savoring the summer. Help your children think of a few fun events they enjoy in the fall and put them on your calendar. Make a fun tradition of back to school

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shopping by having a meal out first and have each child describe three things they liked most about last year and three things they want to learn this year.

Plan together for the transition: The transition back to school or work is a great time to evaluate what did and did not work for your family last year and plan to make positive changes. Involving everyone in the plan can help engage all in making it work. Ask for and value each person’s ideas and develop what works for your

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For more information or for a free workshop on **Easing Transitions** please call (302)584-5521 or email me at lizbrowncoaching@gmail.com. For additional resources check out my website www.bewelllifecoaching.com.

Easing the Transition into Fall (cont.)

family. Create a “plan B” as well in case the first plan does not work.

Managing anxiety is a lifelong skill: Children may feel anxiety over the new school year. For some it might be due to a previous negative experience but for others it might be worry about the unknown especially if going to a new school. Many parents feel anxious as well. If so, take time to work through your own stress so you are not projecting it onto your child. This is a great time to teach children and teens how to work with these feelings and develop healthy coping skills that will help them

throughout their lifetime. Techniques like deep breathing and guided imagery are readily available through age appropriate apps, books or classes and can help with racing minds. In addition, talking through fears and helping your child engage in a plan to ease concerns will help them feel in control. Resist the urge to rush in to fix the issue for them or minimize how they feel and instead help them think through ways to alleviate their fear. Brainstorm possible solutions with your child to engage them in developing creative ways to manage anxiety.

Back to School Sports Safety Questions to Ensure Health & Welfare of Student Athletes

As young athletes step onto the playing field for preseason practice and to prepare for fall competition on school teams or youth leagues, sports safety and injury prevention are paramount. The National Athletic Trainers’ Association (NATA) is asking parents to ensure their children’s schools have the best sports medicine practices in place.

“It’s important for young athletes to acclimatize to any new sports regimen,” says Larry Cooper, MS, LAT, ATC, chair of the association’s secondary school committee. “With fall comes a renewed energy and commitment to the game or individual competition, and our bodies need time to adjust to temperature, increased activity, range of motion and sport-specific conditioning.”

NATA has issued questions that are vital to ask as young athletes prepare for the fall sports season ahead.

Key questions Moms and Dads should ask schools and what they should be doing to prepare kids for participation

1. Who comprises the school’s sports medicine team? Find out who will provide care to your child in case of an injury, and ask to review their credentials. Many schools and sports teams rely on athletic trainers or parents with medical and first aid training and certification to keep kids safe. NATA also recommends that any medical decisions made by the school’s sports medicine professionals, (physicians and athletic trainers) and not the coach to avoid conflict of interest. Coaches and even

the athletes themselves may unconsciously make decisions that favor winning over safety.

2. Does the school/league have an emergency action plan? Every team should have a venue-specific written emergency action plan, reviewed by the athletic trainer or local Emergency Medical Service. Individual assignments and emergency equipment and supplies need to be included. If an athletic trainer is not employed by the school or sport league, other qualified individuals need to be present to render care. Knowing that a school has prepared for an emergency will give parents peace of mind.

3. Is the equipment in working order? Make sure all equipment ranging from field goals, basketball flooring, gymnastics apparatus and field turf are in safe and working order. This also includes emergency medical equipment such as spine boards, splint devices and AEDs (which should be checked once per month; batteries and pads need consistent monitoring and replacing). Accidents can occur in every activity, and that is why the AT should be on site after school to help ensure all equipment is safe and in good order.

4. How qualified are the coaches? A background check should always be performed on coaches and volunteers:

- Coaches should have background and knowledge in the sport they are coaching. They should be credentialed if that is a requirement in the state, conference or league.
- All coaches should have cardiopulmonary

Back to School Sports Safety (cont.)

resuscitation (CPR), AED and first aid training.

- Coaches should strictly enforce the sports rules and have a plan for dealing with emergencies.

5. Are locker rooms, gyms and shower surfaces cleaned on a regular basis? With the advent of MRSA and related bacterial, viral and fungal skin infections reported in recent years, it is critical to keep these surfaces routinely cleaned and checked for germs. Athletes must be discouraged from sharing towels, athletic gear, water bottles, disposable razors and hair clippers. All clothing and equipment should be laundered and/or disinfected on a daily basis.

6. Does the school have an AED and someone who knows how to use it? Many schools today have automated external defibrillators (AEDs) on site during competitions which if used efficiently and effectively can save a life and stave off a catastrophic situation. Ensure that the medical expert and other personnel know where they are located, how to use them and that they are placed on sidelines during both practice and games.

Preparing kids for sports participation:

7. Get a pre-participation exam: All athletes should have a pre-participation exam to determine their readiness to play and uncover any condition that may limit participation. A young athlete's underlying medical condition can be exacerbated with vigorous, sustained physical activity.

8. Physical and mental preparation is paramount: Parents, with input from coaches and athletic trainers, should determine whether their children are physically and psychologically ready for the sport/activity level they're playing. A young athlete should not be pushed into something he/she does not want to do. If an athlete has been injured and is returning to sport, it's critical for him or her to have the right mind set and confidence to return to play and avoid repeat injury.

9. Share an athlete's medical history: Parents should complete an emergency medical authorization form, providing parent contact information and permission for emergency medical care for the student athlete. Check with your school/league to obtain the form.

Individual athlete concerns and considerations for the sports medicine team:

10. Beat the heat: Acclimatize athletes to warm weather activities over a 7 to 14-day period. This includes heat acclimatization, hydration and modifying exercise based on environmental conditions, among other criteria. It is suggested that for the first two days in sports requiring protective equipment, only helmets should be permitted; during days three to four only helmets and shoulder pads worn; beginning on day five, all equipment can be worn.

11. Use your head: There are between 1.6 million and 3.8 million brain injuries occurring in sports each year and 63,000 occur in high school sports alone, according to the Centers for Disease Control and Prevention. Be certain the student athlete and medical team are well educated on concussion prevention and management and that the athlete is encouraged to speak up if hit in the head and suffering from any related symptoms including dizziness, loss of memory, light headedness, fatigue, or imbalance to name a few.

12. Be smart about sickle cell trait: All newborns are tested at birth for this inherited condition, and those results should be shared during a pre-participation exam. Red blood cells can sickle during intense exertion, blocking blood vessels and posing a grave risk for athletes with the sickle cell trait. Screening and simple precautions may prevent deaths and help the athlete with sickle cell trait thrive in his or her chosen sport. Be aware of warning signs including fatigue or shortness of breath that may indicate an athlete is in danger.

13. Build in recovery time: Allow time for the body to rest and rejuvenate in between seasons. If the athlete has just finished the basketball season and has his or her sights set on baseball, make sure there is rest time build it to recover from the rigors of grueling months on the court. If athletes don't make time for recovery, injury can occur. Acclimatizing to the next sport, with appropriate strength, flexibility and balance training, and the supervision of an athletic trainer, will help ensure a healthy season ahead.

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14. Pay attention to sport specific injury prevention: Any repetitive motion can lead to overuse injury. With baseball, it may be the turning of the torso and impact on the hip or the repetitive motion a pitcher goes through each time he or she throws a ball. These motions can put added stress on the joints, muscles or ligaments with sudden movement or rigorous activity increasing the change of injury. Following a protocol of flexibility and strength training is integral to a young athletes' participation.

"It's critical that all members of a school's sports medicine team (athletic trainers, physicians and school nurses) work closely with coaches, teachers, parents and others to ensure appropriate care of the student athlete," adds Cooper. "Establishing clear and open channels of communication creates a win-win environment all around."

Source: <http://www.nata.org/press-release/081414/back-school-sports-safety-questions-ensure-health-welfare-student-athletes>

Chocolate Crunch Peanut Butter Ice Cream Cake



Total Time: 25 Minutes | Servings: 12

Ingredients

2/3 of a package Oreo chocolate sandwich cookies
 1-1/2 cups milk chocolate chips
 2 tablespoons butter
 1 tablespoon flavorless vegetable oil
 1 cup powdered sugar
 1/2 cup peanut butter
 1 (8 ounce) package cream cheese, softened
 1/2 cup peanut butter
 1/2 cup powdered sugar
 1 (3 ounce) package instant vanilla pudding mix
 1-1/2 cups milk
 1 (8 ounce) container Cool Whip, thawed
 1/2 cup hot fudge sauce, warmed in microwave if necessary

Directions

1. Crush the sandwich cookies until the particles are no larger than 1/4" in diameter. Melt the chocolate chips, butter, and oil in a small bowl. Stir the melted chocolate mixture into the cookie mixture, then spread everything

on some parchment paper to cool. You may need to refrigerate this mixture to get it to harden. Break into small pieces.

2. In a small bowl, combine 1 cup powdered sugar and 1/2 cup peanut butter until crumbly. Set aside.
3. In a large bowl, beat the cream cheese with 1/2 cup peanut butter and 1/2 cup powdered sugar until smooth.
4. In a small bowl, combine the pudding mix with the milk and mix well.
5. Gradually beat the pudding into the cream cheese mixture until smooth. Fold in the Cool Whip. Then fold in all but 1/2 cup of the peanut butter crumbles.
6. Using a 9" springform pan, place 1/2 of the chocolate crunch in the bottom. Drizzle with half of the fudge sauce, then top with half of the peanut butter mousse. Top with the remaining chocolate crunch, remaining fudge sauce, then remaining peanut butter mousse. Top with the remaining peanut butter crumbles.
7. Freeze until firm. For easier slicing, let the stand at room temperature for 20 minutes. Because this isn't made from ice cream, the mousse mixture will stay firm even if the dessert thaws completely. Store leftovers in the freezer.

Source: <http://busycooks.about.com/od/frozendessertrecipes/r/Chocolate-Crunch-Peanut-Butter-Ice-Cream-Cake.htm>

Fact or Fiction

1. Only one general emergency action plan that pertains to all venues is necessary.

Fact Fiction

2. There are roughly under 5,000 high school sports related brain injuries per year.

Fact Fiction