



Winter Sports & Activities

There is so much to do this winter! Pediatrician Joseph Vogel at Avera Medical Group McGreevy recommends these outdoor activities. However, he reminds parents to “set reasonable time limits on outdoor play to prevent hypothermia and frostbite. Have children come inside periodically to warm up.”

Ice Skating

- Allow children to skate only on approved surfaces.
- Skate in the same direction as the crowd.
- Avoid darting across the ice.
- Do not chew gum or eat candy while skating.

Sledding

- Keep young children separated from older children.
- Sledding feet first or sitting up, instead of lying down head-first, may prevent head injuries.
- Sleds should be structurally sound and free of sharp edges and splinters, and the steering mechanism should be well lubricated.
- Avoid sledding in crowded areas.

Skiing and Snowboarding

- Children should be taught to ski or snowboard by a qualified instructor in a program designed for children.
- Never ski or snowboard alone.
- Young children should always be supervised by an adult.
- Consider wearing a helmet.

Snowmobiling

- The AAP recommends that children under age 16 not operate snowmobiles and that children under age 6 never ride on snowmobiles.
- Wear goggles and a safety helmet approved for use on motorized vehicles like motorcycles.
- Never snowmobile alone or at night.
- Stay on marked trails, away from roads, water, railroads and pedestrians.

Symptoms of Hypothermia, Frostbite

The dangers of playing outside include risking hypothermia or frostbite. But how do you know for sure if your child is suffering from one of them? Dr. Vogel says to watch for these symptoms:

Hypothermia

- As hypothermia sets in, the child may shiver and become lethargic and clumsy.
- Speech may become slurred and body temperature will decline in more severe cases.
- If you suspect your child is hypothermic, call 911 at once.
- Until help arrives, take the child indoors, remove any wet clothing, and wrap him in blankets or warm clothes.

Frostbite

- This condition tends to happen on extremities like the fingers, toes, ears and nose.
- They may become pale, gray and blistered. At the same time, the child may complain that his/her skin burns or has become numb.
- If frostbite occurs, bring the child indoors and place the frostbitten parts of her body in warm (not hot) water. 104° Fahrenheit (about the temperature of most hot tubs) is recommended.
- Warm washcloths may be applied to frostbitten nose, ears and lips.
- Do not rub the frozen areas.
- After a few minutes, dry and cover the child with clothing or blankets. Give him/her something warm to drink.
- If the numbness continues for more than a few minutes, call your doctor.

Turning Weight Loss Weakness Into a Strength

The common fear is that strength training will add bulk and therefore add weight. But this is a myth. Strength training will build lean muscle and burn some of that fat. So in the long run, you not only become stronger, but you can lose weight as well. "This is a fear among many runners, especially among individuals who are serious about competing in races and do so on a regular basis," explains Derek Ferley, trainer at the Avera Sports Institute. "The type of strength training that's beneficial for runners isn't the high-rep, low-weight approach; the evidence shows that strength training performed using heavier weight (i.e. higher intensities) and low reps is the way to go."

Younger athletes who are starting a strength-training program should work all parts of the body but Ferley recommends "complex" exercises that involve your upper body, core, and lower body. Examples include:

- Leg press
- Squats
- Bench press
- Barbell lunge
- Abdominal crunches

Your upper body is made up of:

- Arms
- Chest
- Shoulders
- Neck
- Upper back

The core is very important because you derive much of your balance from the middle section of your body. Plus a strong core allows you to do other exercises better and more effectively. When it comes to your core, almost everyone takes care of their stomachs with sit-ups. But there is much more to your core, including:

- Obliques
- Lower back
- Hips
- Groin.

Last but not least is your lower body. While the legs are sometimes forgotten during strength training, they are also very important. The reason for this is large muscle groups like the ones in your legs burn more fat and help you last longer during aerobic exercise. The key is finding exercises that specifically work your:

- Quads
- Hamstrings
- Calves
- Tibialis.

Ferley emphasizes giving your body a rest after a strength workout. Whichever part or parts of the body you work, give it two days' rest before you work it again. This gives the muscles time to repair themselves and allows your metabolism to do its thing. Ferley adds that a person's strength training history must be considered when designing a program, and in the case with a novice strength trainer, for example, "it might make more sense not to jump right into a program using heavy weights, etc." Before you know it, you will not only be strong, but on the way to hitting your weight goal.



4 Steps to Strengthening Your Immune System

Source: [Sparkpeople.com](https://www.sparkpeople.com)

Your immune system is important. Very much like your own personal army, it guards your body against attacks from invaders (like bacteria, fungi, and viruses), defending against infections and several kinds of cancer. But just like any other body system, your immune system can deteriorate if you don't treat it well. Follow these four steps to keep it functioning at its peak performance.

1. Eat Right
2. Exercise Regularly
3. Get Enough Sleep
4. Manage Stress

What's In Season?

When thinking about what fruits and vegetables to include in your next meal this winter, look no further. Our dietitians at Hy-Vee offer a list of what's in season now.

Beets	Broccoli
Brussels Sprouts	Cabbage
Carrots	Celery
Grapefruit	Oranges
Kiwi	Winter Squash

Free Vision & Hearing Screening!

Avera will provide FREE vision and hearing screenings for 4 & 5 year-olds, and other students identified with concerns.

St Lambert: Mon, January 9	Holy Spirit: Wed, January 18
St Michael: Wed, January 11	Holy Spirit: Fri, January 20
St Katharine: Fri, January 13	Christ the King: Thurs, January 19
St Mary: Mon, January 16	Christ the King: Fri, January 20
St Mary: Tues, January 17	

For more information or if you are interested in having your child screened, please contact your school's principal.

Note: Newsletter information should not replace direct medical advice from your doctor. If you have questions or concerns, please contact your family's health care provider.

SFCS-3166-REVNO2311