

# — Parent Packet — FOR CHILD HEALTH & WELLNESS

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At Hendricks Regional Health, our goal is to be the indispensable healthcare provider for our community. As part of this mission, we partner with schools whenever possible to provide healthy lifestyle information. Please explore this packet to learn more about topics such as child health, nutrition, online safety and fitness. You will also find information from other community partners such as the Hendricks County Parks Department. For more on these topics, follow us online by visiting [HENDRICKS.ORG/SOCIAL](https://www.hendricks.org/social).

# 8 TO LIVE BY

## HABIT BUILDER for Kids, Teens, and Families

To reach and keep a healthy weight, build better habits together. The 8 habits prescribed below are the best place to start. Scientific studies show that these have the biggest impact on your weight, your health, and your outlook.



### 1 Always eat breakfast—and make it healthy

- Eating a healthy breakfast can improve your memory, boost your creativity, raise your test scores—and help you reach and keep a healthy weight.
- Aim for breakfasts that include **3 of the 5 main food groups**. Try combos such as: (cereal + milk + juice) or (eggs + toast + milk) or (fruit + yogurt + bagel).

### 2 Eat more fruits and vegetables

- Fruits and vegetables are full of nutrients that help you learn and grow, prevent disease, and keep up your energy and mood. Studies show that they're important for a healthy body weight, too.
- Every day, aim to get **1 to 2 cups of fruit**, and **1½ to 3 cups of vegetables**.

### 3 Limit—or eliminate—sweetened drinks

- Studies suggest that America's weight problem is linked to America's "drinking problem"—that is, to our increasing intake of sweetened drinks like sodas and sports drinks. Sweetened drinks are also linked to weak bones and tooth decay.
- Aim for **less than 12 ounces per week** of soda, sports drinks, lemonade, and other sweetened drinks. Limit juice to less than 6 ounces per day. Drink water instead, and aim for 3 glasses of milk each day.

## ACTIVITY



### 4 Limit screen time (TV, video games, Internet)

- Research links TV to a wide range of negative health effects in children and teens—including obesity.
- Make a rule of **no more than 1 to 2 hours a day** in front of a TV or computer screen. (Children age 2 and under shouldn't be watching at all.)

### 5 Increase your physical activity

- Everyone needs regular physical activity—regardless of their shape, size, health, or age. Physical activity gives you better energy, stronger muscles, less stress, and easier weight management.
- Aim for **at least 60 minutes of physical activity** every day. You can get most of this from daily playtime, walking or biking to school, or family activities. The rest can come from sports or other exercise.

## SUPPORT



### 6 Eat meals together as a family—sitting down

- Many studies have shown that children and teens who eat regular meals with their parents are more likely to eat in a balanced way, do well in school, and maintain a healthy weight.
- Aim to **eat dinner together** most nights of the week. Sit down at the table, turn the TV off, and enjoy!








### 7 Be positive about food

- Experts agree that how you think and talk about food and bodies can have a big impact on your health now—and in the future.
- Forget "forbidden foods"—all foods can fit in a balanced diet. Don't give food as a reward or withhold it as a punishment. **Be food-friendly**, not food-phobic.

### 8 Don't criticize about weight

- If you, your friends, or your family obsess about food or weight, you're more likely to have unhealthy behaviors—and an unhealthy body weight.
- Watch what you say. **Don't criticize** your own body—even as a joke. **Don't compare** your own weight, size, or shape to anyone else's. Being healthy means being positive.

Week: \_\_\_\_\_

FOOD	SUN	MON	TUES	WED	THURS	FRI	SAT
Breakfast <b>Every Day!</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fruits <b>Eat More!</b>	○○○○	○○○○	○○○○	○○○○	○○○○	○○○○	○○○○
Veggies <b>Eat More!</b>	○○○○	○○○○	○○○○	○○○○	○○○○	○○○○	○○○○
Sweetened drinks <b>Aim for None!</b>	 ○ <sub>1</sub> ○ <sub>2</sub> none ○ <sub>3</sub> more	 ○ <sub>1</sub> ○ <sub>2</sub> none ○ <sub>3</sub> more	 ○ <sub>1</sub> ○ <sub>2</sub> none ○ <sub>3</sub> more	 ○ <sub>1</sub> ○ <sub>2</sub> none ○ <sub>3</sub> more	 ○ <sub>1</sub> ○ <sub>2</sub> none ○ <sub>3</sub> more	 ○ <sub>1</sub> ○ <sub>2</sub> none ○ <sub>3</sub> more	 ○ <sub>1</sub> ○ <sub>2</sub> none ○ <sub>3</sub> more
Low-fat milk <b>Drink Up!</b>	○○○	○○○	○○○	○○○	○○○	○○○	○○○
Water <b>Drink Up!</b>	○○○○ ○○○○	○○○○ ○○○○	○○○○ ○○○○	○○○○ ○○○○	○○○○ ○○○○	○○○○ ○○○○	○○○○ ○○○○

ACTIVITY	SUN	MON	TUES	WED	THURS	FRI	SAT
Minutes of TV, video games, and Internet surfing <b>Go Easy!</b>	<input type="checkbox"/> # minutes	<input type="checkbox"/> # minutes	<input type="checkbox"/> # minutes	<input type="checkbox"/> # minutes	<input type="checkbox"/> # minutes	<input type="checkbox"/> # minutes	<input type="checkbox"/> # minutes
Minutes of activity <b>Rev it Up!</b> (includes outside play, chores, family activities, walking to school, sports, and more...)	<input type="checkbox"/> # minutes	<input type="checkbox"/> # minutes	<input type="checkbox"/> # minutes	<input type="checkbox"/> # minutes	<input type="checkbox"/> # minutes	<input type="checkbox"/> # minutes	<input type="checkbox"/> # minutes

## SUPPORT

I ate dinner with my family this week on these days:

Sun Mon Tues Wed Thurs Fri Sat

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Things my family and friends did that were...

Helpful:

Hurtful:

## CELEBRATE

Things I did well this week:

## MY NEW GOALS

Things I could improve on:

# 10 tips

Nutrition  
Education Series

# choose MyPlate

## 10 tips to a great plate



### Making food choices for a healthy lifestyle can be as simple as using these 10 Tips.

Use the ideas in this list to *balance your calories*, to choose foods to *eat more often*, and to cut back on foods to *eat less often*.

#### 1 balance calories

Find out how many calories YOU need for a day as a first step in managing your weight. Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) to find your calorie level. Being physically active also helps you balance calories.

#### 2 enjoy your food, but eat less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.



#### 3 avoid oversized portions

Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

#### 4 foods to eat more often

Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.



#### 5 make half your plate fruits and vegetables

Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

#### 6 switch to fat-free or low-fat (1%) milk

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.



#### 7 make half your grains whole grains

To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

#### 8 foods to eat less often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

#### 9 compare sodium in foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled “low sodium,” “reduced sodium,” or “no salt added.”



#### 10 drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.

## GIVE YOUR KITCHEN A NUTRITION MAKEOVER

Ever wonder what tips and ideas a registered dietitian would give you if she took a peek in your cabinets and fridge? Wonder no more! The Hendricks Regional Health dietitians have put this helpful chart together so you can give your kitchen a nutritional makeover.

When you stock your kitchen with nutritious foods you are more inclined to make healthy meals. Here is a quick guide to healthful foods worth stocking up on, plus some foods to keep scarce:

<b><i>Kitchen</i></b>	<b><i>Fill your cabinets with these foods:</i></b>	<b><i>Minimize these foods:</i></b>
<b><i>Pantry or Cabinets</i></b>	Whole wheat pastas Unsalted almonds and walnuts Raisins, dried cherries, cranberries, prunes and other dried fruits Water packed tuna Canned chicken Fiber rich cereals Plain popcorn Whole wheat breads and crackers Dry beans or low sodium canned beans Cooks in One Minute oatmeal or low sugar instant oatmeal Extra virgin olive oil and canola oil Tea bags Canned vegetables (frozen is preferred but these can be used sparingly) Dark chocolate (limit yourself to 1 oz./day) Low sodium/low fat soups Fruit canned in juice Herbs and spices of all different varieties Reduced sodium chicken and beef broth granules Whole wheat flour, tortillas, cornmeal and plain breadcrumbs Natural peanut butter (no added sugar or fat ) Reduced fat salad dressings Brown rice	Dinner mixes (like Hamburger Helper®) Quick mixes (like Bisquick®, Jiffy®) Sugar sweetened soda including Gatorade® and energy drinks High sugar, low fiber cereals Snack cakes Chips of all varieties Buttered popcorn Cookies of all varieties Canned soup and dry mix soup Shortening Juice drinks that contain only 10% fruit juice
<b><i>Refrigerator</i></b>	Eggs Skim Milk Trans Fat Free Margarines Lean meats Low fat cheeses (including cottage cheese and sour cream) Hummus Bagged salad mixes 100% Fruit juices Fresh Vegetables Fresh Fruits Low fat/low sugar yogurts Mustard, Worcestershire sauce, ketchup	Whole Milk Half and Half Butter All Cheeses (unless low fat) Bacon Deli meats Sausages Sodas and sugar sweetened beverages including energy drinks Pickles
<b><i>Freezer</i></b>	Frozen vegetables without sauce Frozen fruits (great to put on dry cereal or to make smoothies) Frozen chicken breasts Frozen unbreaded fish fillets Frozen potatoes	Ice cream/Sherbet of any variety/type Frozen desserts Frozen breads with butter added Frozen dinners unless total calories are below 350/meal

Remember, one of the best ways to ensure healthy eating is to prepare 10-15 menus for lunch and dinner. By using a planned menu you will save money when you grocery shop, you will save time and you will know the answer to the age-old question, "What's for dinner?"

Martha Rardin, MSM, RD, CD, Hendricks Regional Health Blogger

# STOP

taking on pounds

Weight management issues include being overweight, gaining more weight than your health professional recommends, choosing unhealthy foods for snacks and meals, and no exercising—all issues that can lead to long-term physical and emotional problems.

Now you can change this future for your children. STOP uses a family approach to weight management. For 12 weeks, participants ages 8 to 18 attend weekly sessions with at least one parent or guardian.

In a group setting, health professionals work with families to understand how to manage weight with nutrition, exercise, and behavior management. With the guidance of our health professionals and the support of a positive environment, your child can become physically and emotionally healthier.

STOP is a program developed to guide and support children and their families as they cope with weight management issues. Classes are held at the Hendricks Regional Health YMCA.

To find dates, visit [hendricks.org](http://hendricks.org) and go to "Register for Classes."



START  
living a healthier lifestyle



(317) 273-9622  
[www.indymca.org](http://www.indymca.org)



 **Hendricks  
Regional Health**

Hendricks Regional Health YMCA  
301 Satori Parkway | Avon, IN 46123  
(317) 745-3769  
[www.hendricks.org](http://www.hendricks.org)

 **Hendricks  
Regional Health**



# STOP improves physical and emotional health for the whole family

## WHAT IS STOP?

STOP is a weight management program for school-aged children and adolescents. By learning more about eating right, exercising and choosing healthy lifestyles, children and adolescents can reach their weight management goals.

## EXERCISE: INCREASING FITNESS

A YMCA Wellness Coach will work with families to design exercise programs that meet the unique needs of overweight children and adolescents. This program begins with a fitness assessment.

During weekly class sessions, participants will engage in moderate to intense activities, which encourages fun and free play. They are also encouraged to participate in physical activities throughout the week.

## NUTRITION: EATING RIGHT, REACHING GOALS

A dietitian will work with families to adapt the STOP meal plan into daily food and beverage choices in an effort to accomplish nutrition-related goals. By following the plan, participants consume fewer calories while eating healthy foods.

The dietitian will discuss:

- Eating every meal, especially breakfast
- Making wise food choices
- Portioning food
- Increasing fruit and vegetables in the family diet
- Distinguishing physical hunger from psychological hunger
- Establishing an environment supportive of healthy eating habits

With the customized nutrition plan, families can reach their weight management goals while feeling healthier and more energized.

## BEHAVIOR COMPONENT

This section focuses on how to make short-term and long-term goals. Each week participants set at least one nutrition and exercise-related short-term goal. Other topics addressed with parents include:

- Use on non-edible rewards
- Support through encouragement and praise
- Self and body image
- How emotions lead to eating Hunger vs. Cravings
- Depression screening
- TV, video games and computer usage



## EATING HEALTHY AT GATHERINGS

We all enjoy looking forward to get-togethers such as reunions, picnics, pitch-ins, and holiday or birthday parties. However, it can feel a bit overwhelming to make healthy food choices at these types of events. The good news is there are many ways to keep a fun and festive social calendar while keeping your health goals a priority. Here are a few tips to help:

- If you feel comfortable with the people hosting the party, call ahead to find out what they are serving. If the food is going to be rather high in fat, try to choose lower fat choices throughout the rest of day. You don't want to skip meals before you go, because it could cause you to overeat at the gathering.
- Be sure to look over all of the choices before starting to fill your plate, and then make a plan. If you know what is at the end of the line, you may want to pass up something at the beginning of the line to allow for that item.
- Try to choose more of the fruits, vegetables and whole grain foods when available and less of the higher fat foods.
- Drink water or sugar free drinks. Sodas, punch, fruit drinks and alcoholic beverages can add several calories to a meal.
- If there are several desserts, choose one to try. A small sample of all of them can add up in fat and calories.
- Take a healthy food choice as a gift. Taking a vegetable or fruit tray is a nice gesture, and you are assured you will have at least one choice that is high in nutrition and low in calories.
- If you still eat a little more than usual, talk some family or friends into going for a walk after dinner. It is a good bonding time for people at the gathering, and allows you to burn those extra calories.



All foods can fit when eating healthy, it may just take a little planning. Take time to think about your food choices and make conscious choices. Most importantly, enjoy yourself!



# U R What U Eat

Food supplies the nutrients needed to fuel your body so you can perform your best. Go, Slow, Whoa is a simple way to recognize foods that are the smartest choices.




- **“Go”** Foods: Eat almost anytime (Most often) — they are lowest in fat, added sugar, and calories
- **“Slow”** Foods: Eat sometimes (Less often) — they are higher in fat, added sugar, and/or calories
- **“Whoa”** Foods: Eat once in a while (Least often) — they are very high in fat and/or added sugar, and are much higher in calories

Food Groups	GO	SLOW	WHOA
<b>Fruits</b> Whole fruits (fresh, frozen, canned, dried) are smart choices. You need <b>2 cups</b> of fruit a day. 1 cup is about the size of a baseball.			
<b>Vegetables</b> Adding fat (butter, oils, and sauces) to vegetables turns them from Go foods to Slow or Whoa foods. You need <b>2 ½ cups</b> of vegetables a day. Dark green and orange vegetables are smart choices.			
<b>Grains</b> Try to make at least half of your servings whole grain choices and low in sugar. An ounce of a grain product is 1 slice of bread, 1 cup of dry cereal, or ½ cup of cooked rice or pasta. You need about <b>6 ounces</b> a day.			
<b>Milk</b> Milk products are high in vitamins and minerals. Fat-free and low-fat milk and milk products are smart choices. About <b>3 cups</b> are needed each day; 1 cup of milk, 1 cup of yogurt or 1 ½ ounces of natural cheese count as 1 cup.			
<b>Meats &amp; Beans</b> Eating <b>5 ½ oz.</b> a day will give you the protein, vitamins and minerals you need. Limit meats with added fat. Smart choices include beans (¼ cup cooked), nuts (½ oz.) and lean meats (1 oz.) baked or broiled.			

The amounts of foods recommended per food group are based on a 2,000-calorie diet, the approximate number of calories for most active boys and girls ages 9-13. U.S. Department of Agriculture, Center for Nutrition Policy and Promotion.







# Sweets and Snacks

The foods below are snack-type foods. The "Slow" and "Whoa" foods are higher in fat, added sugar, and/or calories and need to be limited so you do not eat more calories than your body needs. Remember, if you eat sweets and snacks, eat small amounts.

GO	SLOW	WHOA
 <p>For "Go" snacks, select foods from the "Go" column in the food groups section.</p>		

# Combining Food Groups

Foods we eat are usually a mixture of ingredients from the different food groups. A food can turn from a "Go" into a "Whoa" based on the ingredients used. The examples below contain ingredients from the milk products, grains, vegetables and meat groups – some "Go," some "Slow," and some "Whoa." Foods served in restaurants often use "Whoa" ingredients.

Combined Foods	GO	SLOW	WHOA
<b>Pizza</b>	 <p>English muffin pizza with low-fat cheese (using ½ English muffin)</p>	 <p>Regular or classic veggie pizza: 1 slice from a medium pizza</p>	 <p>Deep dish pepperoni pizza: 1 slice from a medium pizza</p>
<b>Pasta</b>	 <p>Pasta with tomato sauce and vegetables – 1 cup</p>	 <p>Macaroni and cheese – 1 cup</p>	 <p>Pasta with sausage – 1 cup</p>

# Move More

To keep at a healthy weight, energy in (foods you eat) must balance with energy out (how much you move). Try to get 60 minutes of physical activity every day. Move more, take the stairs, play ball, bike, swim, walk, and find active games you enjoy. Have fun!

For more information, visit the *We Can!*™ Web site at <http://wecan.nhlbi.nih.gov>. *We Can!* is a national education program promoting healthy weight for children from the National Institutes of Health.

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## Digitizing Your Fitness!

There are too many fitness apps out there to mention, so here are my top picks. Most of the apps below are free. I've indicated which apps I think are worth paying for but most have free versions that allow you to try before you buy. Don't worry about finding the perfect app because it doesn't exist. Find an app that does the basics of what you need and use that. If you don't like the app, then don't use it and try another one.

## Don't let technology come between you and your health!

### Fitness Apps

#### **RunKeeper** - <http://runkeeper.com/>

RunKeeper is a website and app that keeps track of your activities and routes. There is an option to share your information and routes with other RunKeeper friends. You can create your own routes on the website or search for routes that others have already created. There are also training plans you can follow if you want a little direction or you can setup your own plan. There are voice prompts to tell you when its time to warm up, speed up, slow down, and what your current pace and distance are.

I have the RunKeeper app on my smartphone and I turn on the GPS when I use the app so it can track my distance and speed. You can also post your workout results to Facebook or Twitter.

**MapMyRun, Nike+** - Are similar to RunKeeper.

**Nexercise** - Track your exercise and earn points you can turn in for rewards.

**GymPact** - Make a pact and set a dollar amount if you don't achieve your goal. Check in your workouts and get paid by those who didn't meet their goals. If you don't meet your goal, then you are going to pay! (This app integrates with RunKeeper.)

**Charity Miles** - Sign up and donate your miles to charity. Bikers earn \$0.10/mile and walkers and runners earn \$0.25/mile.

**Zombies Run!** - Download the app and run away from zombies as you listen to your music. The app tells a story and gives you instructions along the way guaranteeing no two workouts are ever the same. (App cost is \$1.99-3.99)

#### **Couch To 5K** - [http://www.coolrunning.com/engine/2/2\\_3/](http://www.coolrunning.com/engine/2/2_3/)

This program is exactly like it sounds, it takes you from a couch potato to being able to run a 5k in two months. I used this program to go from walking my dog 15 minutes a day to running 3 miles. The interval training program made running 3 miles seem much less daunting and helped me build up confidence and endurance. Voice prompts tell you when to start/stop running and I could listen to music or audio books while I trained. (There is a free app but it limits the number of workouts. The full app cost is \$1.99)

There are free apps available, but they only give you the first few weeks of training plans. Go ahead and buy the paid app to get the full program and options.

#### **100 Push Ups** - <http://hundredpushups.com>

Want a new challenge? How about 6 weeks of training so you can do 100 consecutive push ups? Check out the website to take the initial test and get your training plan. There are iPhone, iPad, and Android apps you can download as well if you want to track your progress electronically. (Apps are free to \$1.99)

**Tech Tip** - Be careful with how much information you share on this or any website. I follow the routes I created for my neighborhood and I'm not comfortable sharing where I live with strangers. Privacy controls are available to you when you create your routes, so use them. I also recommend turning off the GPS on your phone when you are done. GPS can drain your battery and also embed your location data in any photos you take which would give away your location without your knowledge.

There are other devices you can buy to help you track your fitness. If you want to track how many steps you've taken, check out the FitBit (\$100) or Nike+ FuelBand (\$150). The devices sync to an app that tracks your data and may also sync to other fitness apps you already use. These tools help give you accurate information on how much activity you are actually getting versus how much you think you may be getting. Neither option is cheap but both are good tools if you want to digitize your fitness.

## **Nutrition & Journals**

**MyFitnessPal** - <http://www.myfitnesspal.com/>

MyFitnessPal is a website and app that allow you to track your calories and exercise. When you create a profile, you enter your current weight, goal weight, activity level, and your goal (maintain current weight, lose a pound a week, etc.). MyFitnessPal then gives you a calorie target to aim for. As you add food and exercise, your calorie totals update so you can make smart choices throughout the day.

The MyFitnessPal app has a barcode scanner option for your smartphone that makes it easy to track anything with a barcode. If you can't find the food item in the list, you can create your own entries.

Eating in the Copper Grill? The Nutrition Facts for the majority of the food available in the Copper Grill is available on the internet and intranet (HRH associate access only) sites. The Copper Grill also always offers a 500 calorie meal to make it even easier to make smart food choices.

**Similar Apps:** Lose It!, SparkPeople (website is free, app is \$3.99)

## **Other Resources**

YouTube videos for workouts - there's always variety and you can follow the videos anywhere you have space and an Internet connection. This is a great idea for the winter months when you don't want to get outside but need some variety.

<http://mashable.com/2013/01/21/youtube-fitness-videos/>

<http://www.shape.com/fitness/workouts/10-best-workout-videos-youtube>

**Audible.com** - <http://www.audible.com/>

Wish you had more time to read? Why not listen to an audio book while you work out? Audible.com allows you to download audio books that you can listen to anywhere, anytime. First time customers get 2 free book downloads and the basic plan is \$7.49/mo for the first 3 months and then \$14.95/mo after that. Your credit card is billed automatically and the basic plan gets you 1 audio book a month. Audio book length range from 8 hours to 20 hours. Audible is a great option for people who want to read more but don't have the time!

## **Gear you may need**

- Headphones - Find something that is comfortable for you to wear and don't be afraid to spend a couple of bucks if you need to. Its better to have a pair that is comfortable so you have one less obstacle and distraction for your workout.
- Armband for your smartphone/iPod - Injuries are not fun and neither is breaking your smartphone, get an armband or find a way to secure your device so you and your electronics are safe.
- Playlists - Music can help pump you up or slow you down. Create a playlist with songs that will keep you motivated and help set your pace. Treat yourself to some new music every couple of weeks or change the song order to keep it interesting.
- Charge before you go - Some apps and GPS can drain your battery so try to charge your devices before you go.

**Go to <http://blog.hendricks.org/blog/fitness/> to read more about the apps and technology HRH bloggers use!**

# CONCUSSION AWARENESS

for Coaches and Parents

## FAST FACTS

*A concussion is a brain injury caused by a bump, blow or jolt to the head.*

- Concussions can occur in any sport
- Concussions can be caused by players colliding with each other or obstacles (i.e. goal post or ground)
- Signs and symptoms of a concussion can show up right after the injury or take days or weeks to appear
- They can have varying degrees of severity and disrupt the way the brain normally works
- Even a small bump on the head can be serious

If an athlete reports any symptoms of a concussion, or you notice signs yourself, seek medical attention at Hendricks Regional Health Immediate Care or Hendricks Regional Health emergency department right away.

## OBSERVABLE SIGNS

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets sports plays
- Is unsure of game, score or opponent
- Moves clumsily, is unsteady on feet
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall
- Has a seizure

## ATHLETE SYMPTOMS

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"
- Has weak or numb arms or legs

**BETTER TO MISS ONE GAME THAN THE WHOLE SEASON!**

# CONCUSSION CARE

## ACTION PLAN

If you suspect a player has a concussion, take the following steps:

- 1. Remove athlete from play.** Look for signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head. Athletes who experience signs or symptoms of concussion should not be allowed to return to play. When in doubt, keep the athlete out of play.
- 2. Ensure athlete is evaluated by a health care professional.** Do not try to judge the seriousness of the injury yourself. Record the following to help health care professionals in assessing the athlete:
  - Cause of the injury and force of the hit or blow to the head
  - Any loss of consciousness (passed out/ knocked out) and if so, for how long
  - Any memory loss immediately following the injury
  - Any seizures immediately following the injury
  - Number of previous concussions (if any)
- 3. Inform athlete's parents or guardians** about the known or possible concussion and give them this fact sheet (download at [hendricks.org/concussion](http://hendricks.org/concussion).) Make sure they know that a health care professional experienced in evaluating concussions should see the athlete.

- 4. Allow athlete to return to play ONLY with permission from an appropriate health care professional with experience in evaluating concussions.**

You can't see a concussion, and some athletes may not experience and/or report symptoms until hours or days after the injury. If you have any suspicion that your athlete has a concussion, you should keep him/her out of practice/games and seek medical care.

Sometimes players and parents wrongly believe that it shows strength and courage to play injured. Discourage others from pressuring injured athletes to play. Don't let athletes persuade you that they're "just fine" after they have sustained any bump or blow to the head.

Immediate Post-Concussion Assessment and Cognitive Testing (ImPACT) is used at Hendricks Regional Health Sports Medicine to evaluate how an athlete's brain is functioning after an injury. The staff uses ImPACT to measure an athlete's memory, attention, processing speed and reaction time. This approach helps the sports medicine team use scientific guidelines to determine when an athlete is ready to go back to playing.

**Dr. Mark Booher, specializes in concussion management.** Learn more at [hendricks.org/concussion](http://hendricks.org/concussion) or contact the office at (317) 718-GAME (4263).

## GET CONCUSSION CARE RIGHT AWAY

Visit one of our Hendricks Regional Health facilities for initial concussion treatment. Follow-up with Dr. Mark Booher, concussion management specialist.

**AVON (317) 272-7500**  
Immediate Care

8244 East US 36  
US 36 and Dan Jones Rd.

Mon. – Sat., 8 a.m. to 8 p.m.  
Sunday, noon to 6 p.m.

**PLAINFIELD (317) 839-7200**  
Immediate Care

1100 Southfield Drive  
SR 267 and Stanley Rd.

Mon. – Fri., 8 a.m. to 10 p.m.  
Saturday, 8 a.m. to 8 p.m.  
Sunday, noon–6 p.m.

**DANVILLE (317) 745-3450**  
Emergency Department (ER)

1000 East Main Street  
US 36 and Main Street

Always open

# Fitness As A Family

Fitting exercise in to our already busy schedule can seem pretty daunting at times, especially if you have a family. It's actually easier than you think to squeeze in some activity on a daily basis. Often times, we miss the opportunity to get some extra movement just by the bad habits we've created, or we have followed from our own upbringing. Set a good example for your kids and try some of these ideas to make exercise a new and fun family tradition.

1. **Take a walk**: Taking a walk after dinner can help aid in food digestion as well as burn some of the calories you've just consumed. Don't stop at a walk though. If you have bicycles, rollerblades, skateboards, etc. get those out and enjoy the evening with some activity.
2. **Yardwork**: This doesn't need to feel like a chore. Start a garden. Have your kids rake some leaves in a pile and then let them jump in it. If it's snowing, shovel the driveway and make a snow fort, snowman, or whatever your creative juices decide upon.
3. **Commercial-cize**: Feel like spending some time in front of the television? That's fine! During the commercials, get up and move a bit. Do some jogging in place, jumping jacks, squats, pushups, or whatever strikes your mood. This will get you up and moving for a few minutes at a time, and those minutes add up!
4. **Dance Party**: Like to dance? Get your groove on and make up some new moves. I know there's a Beyonce hiding in most of us, we just don't let her out very often.
5. **Shopping**: When you are out running errands, like grocery shopping, try parking your car further away from the entrance. This will help you get some extra steps in, without having to think too much about it. And it will probably save you a lot of time from looking for that prime spot in the lot.
6. **Park Time**: What's better than taking a day trip to a park and going on a hike or canoeing? Indiana has a ton of great local parks as well as some state parks close to our area. Take a picnic and enjoy a day in nature.



## GUIDE TO PREVENTING INJURIES

Preventing injuries during exercise and fitness activities can be accomplished by slowly increasing your workout time. Exercising properly may be the difference in finishing the race and having to visit a physician. It is vital for anyone beginning a workout program to get the okay from their doctor, especially if they are new to exercise.

After receiving medical clearance, the next step is getting the appropriate equipment. For example, in running, that means the right shoes. A runner should at minimum have their feet and running pattern evaluated by a local running specialty store. A runner's foot mechanics impact what shoe will provide the proper support and help them to prevent an injury. The Motion360 experts at Hendricks Regional Health provide running analysis and shoe recommendations. Call (317) 272-3420 to schedule.

At the beginning of any exercise program, gradually increase the time and intensity of your workout – endurance and aerobic capacity increase as well. Start with a five-minute warm-up. It is a good idea to do a few minutes stretching after warming up to increase muscle flexibility and decrease the risk of injuries. Another good option is to get a heart monitor to fully assess your intensity.

Once your workout is completed, be sure to cool down. This will slowly decrease the heart rate and blood flow to your muscles. After the cool-down, finish with stretching to allow the lactic acid to decrease in the muscles – which also helps prevent injury. Stretching is key because the greater the flexibility of a muscle, the less likely an injury will occur.

In summary, the keys to injury prevention are:

- Get medical clearance from your doctor before beginning an exercise program
- Have the right equipment
- Maintain proper warm-up and stretching techniques
- Enjoy appropriate workouts
- Be sure to cool-down and stretch appropriately

Last but not least, pay attention to what your body may be telling you. General muscle soreness after a workout is normal. Anything other than general soreness indicates other problems. Swelling and tenderness on a specific area could mean an injury in need of medical attention. It is important to pay attention to early warning signs so it doesn't develop into a more serious injury.





# HENDRICKS REGIONAL HEALTH MEDICAL GROUP



## MEDICAL GROUP BENEFITS

Many benefits come with choosing a physician in the **Hendricks Regional Health Medical Group**. Our doctors share a wireless network for fast, easy access to your secure, complete health history. They utilize electronic medical records, which provide faster test results, paperless physician orders and prescriptions sent electronically to your pharmacy.

Our patients admitted to **Hendricks Regional Health** are often treated by a member of our team of experienced, caring hospitalists who specialize in the care of hospitalized patients. This program offers many benefits to our patients:

- Due to their training, hospitalists are very familiar with complicated medical situations.
- Hospitalists can re-evaluate your medical status as often as needed.
- Follow-up or modifications to your treatment can be made on the spot.
- Discharge and family consultation can be expedited because the hospitalist is on-site.

In some cases, the hospitalist may contact your doctor for consultations. Upon discharge, your primary care doctor will have all the information needed about your hospital stay.



## EMERGENCY & IMMEDIATE CARE

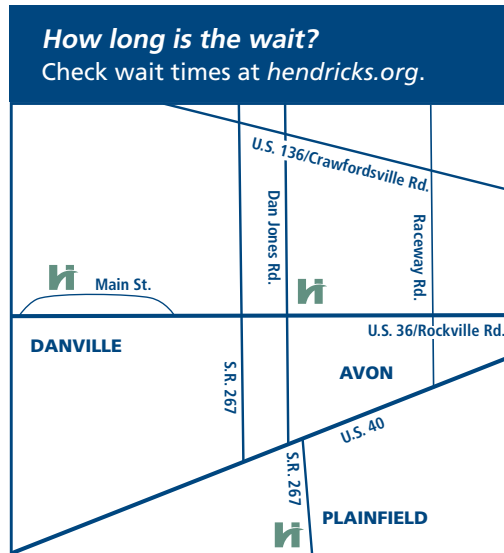
**Emergency Department** (24 hrs.)  
Danville – 1000 East Main St. (317) 745-3450

Our state-of-the-art emergency department is designed and staffed to treat even the most urgent medical situations. During busy times, our Fast Track service allows staff to care for less critical patients faster than most other ERs.

**Immediate Care Centers**  
Avon – 8244 East US 36 (317) 272-7500  
Plainfield – 1100 Southfield Dr. (317) 839-7200

Two locations offer convenient hours with no need to schedule an appointment. We quickly treat minor illnesses and injuries including cuts, sprains/strains, respiratory illnesses and flu.

Mon. – Sat., 8 a.m. – 8 p.m.; Sun., noon – 6 p.m.



## **AVON**

### **Avon Family Health**

301 Satori Parkway  
(317) 271-6363  
[avonfamilyhealth.com](http://avonfamilyhealth.com)

### **Avon Internal Medicine**

8244 E. US 36  
(317) 272-7519  
[avoninternalmed.com](http://avoninternalmed.com)

### **Avon Neurology**

8244 E. US 36  
(317) 272-3662  
[avonneuro.com](http://avonneuro.com)

### **Avon OB/GYN**

7517 Beechwood  
Centre Road  
(317) 272-7510  
[avonOB.com](http://avonOB.com)

### **Avon Ophthalmology**

8244 E. US 36  
(317) 272-4242  
[AvoneyeMD.com](http://AvoneyeMD.com)

### **Hendricks Pediatrics**

8244 E. US 36  
(317) 272-7337  
[hendricksped.com](http://hendricksped.com)

### **Hendricks Regional Health Sports Medicine**

301 Satori Parkway  
(317) 718-4263  
[HRHsportsmed.com](http://HRHsportsmed.com)

### **Hendricks Surgical Associates**

8244 E. US 36  
(317) 272-8272  
[HendricksSurgical.com](http://HendricksSurgical.com)

### **Westside Physicians for Women**

6911 E. US 36  
(317) 272-8033  
[wpw-obgyn.com](http://wpw-obgyn.com)

## **DANVILLE**

### **Danville Pediatrics**

100 Hospital Lane  
(317) 745-7337  
[danvilleped.com](http://danvilleped.com)

### **Hendricks Adult Medicine**

112 Hospital Lane  
(317) 745-8790  
[hendricksadultmed.com](http://hendricksadultmed.com)

### **Hendricks Endocrinology & Diabetes Specialists**

100 Hospital Lane  
(317) 745-7445  
[hendricksdiabetes.com](http://hendricksdiabetes.com)

### **Hendricks Nephrology Associates**

100 Hospital Lane  
(317) 718-2460  
[hendricksnephrology.com](http://hendricksnephrology.com)

### **Hendricks Neurology**

100 Hospital Lane  
(317) 718-4730  
[hendricksneuro.com](http://hendricksneuro.com)

### **Hendricks Orthopedics and Sports Medicine**

100 Hospital Lane  
(317) 718-4676  
[hendricksortho.com](http://hendricksortho.com)

### **Hendricks Pulmonary & Sleep Medicine**

112 Hospital Lane  
(317) 718-4000  
[hendrickspulmonary.com](http://hendrickspulmonary.com)

### **Hendricks Regional Diabetes Health**

100 Hospital Lane  
(317) 745-7128  
[wentworthMD.com](http://wentworthMD.com)

### **Hendricks Surgical Associates**

112 Hospital Lane  
(317) 745-3740  
[HendricksSurgical.com](http://HendricksSurgical.com)

### **Internal Medicine of Hendricks County**

100 Hospital Lane  
(317) 718-4066  
[hendricksinternalmed.com](http://hendricksinternalmed.com)

### **New Life Associates OB/GYN**

112 Hospital Lane  
(317) 745-3366  
[newlifeassociates.com](http://newlifeassociates.com)

### **Westside Gastroenterology Consultants**

100 Hospital Lane  
(317) 745-7310  
[WestsideGIdocs.com](http://WestsideGIdocs.com)

## **BROWNSBURG**

### **Hendricks Family Medicine**

1411 S. Green Street  
(317) 858-4610  
[hendricksfamilymed.com](http://hendricksfamilymed.com)

### **Indiana Adult and Pediatric Medicine**

1411 S. Green Street  
(317) 852-3600  
[INadultpeds.com](http://INadultpeds.com)

### **New Life Associates OB/GYN**

1411 S. Green Street  
(317) 745-3366  
[newlifeassociates.com](http://newlifeassociates.com)

## **LIZTON**

### **Lizton Family Medicine**

1045 Wyatt Way  
(317) 994-6600  
[liztonfamilymed.com](http://liztonfamilymed.com)

## **BAINBRIDGE**

### **Family Medicine**

1152 E. US 36  
(765) 522-1889  
[hrhbainbridge.com](http://hrhbainbridge.com)

### **Hendricks Nephrology Associates**

1152 E. US 36  
(317) 718-2460  
[hendricksnephrology.com](http://hendricksnephrology.com)

### **Hendricks Neurology**

1152 E. US 36  
(317) 718-4730  
[hendricksneuro.com](http://hendricksneuro.com)

## **PLAINFIELD**

### **Hendricks Rheumatology**

1100 Southfield Dr.  
(317) 837-5510  
[HendricksArthritis.com](http://HendricksArthritis.com)

### **Indiana Adult and Pediatric Medicine**

1100 Southfield Drive  
(317) 838-3443  
[INadultpeds.com](http://INadultpeds.com)

### **Stafford Pointe Family Physicians**

1100 Southfield Drive  
(317) 839-7741  
[staffordpointedocs.com](http://staffordpointedocs.com)



# HELPING YOU STAY ACTIVE



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

HENDRICKS REGIONAL HEALTH YMCA

301 Satori PKWY Avon, IN 46123

[indymca.org](http://indymca.org)

## HENDRICKS REGIONAL HEALTH YMCA ORIOLE FLIGHT NEWSLETTER

### FAMILY FITNESS NIGHTS:

Join us on the 3<sup>rd</sup> Tuesday of each month from 6-7pm, for a fun, family friendly fitness activity! Mark your calendars now for our June activity of Kickball! FREE and open to the public!

### TEEN NIGHT:

On the 3<sup>rd</sup> Saturday of every month from 7-10pm, we are the place to be if you are a teenager, ages 11-19 and in school. These nights include music, games, open gym, dodge ball, video games, and hanging out in the Teen Center. ALL Area teens with a valid school ID are invited to join us at this event at no charge.

### SWIM LESSONS:

We offer a variety of lessons for all ages, that follow our learn to swim guidelines! We have 3 sessions starting in June: A) Jun 9-Jun 26, B) Jun 30-Jul 17, and D) Jun 7-Jul 26. Please contact Member Services at 317.273.9622 for times, cost, and to register.

### SPLASH: Mon, Jun 2-Thu, Jun 5

Free!! Take advantage of this four day introduction and orientation to swimming and water safety through practical experience. Participants can attend one day or multiple days, but registration is required. We have two session times to choose from; Session A is from 4:50-5:30pm or Session B from 5:40-6:20pm. Please call us at 317.273.9622 for registration and information.

### SPORTS:

Get your youth involved in one of our many programs to keep them active this summer! We are currently accepting registrations for the following leagues: basketball, travel basketball, track and field, T-ball, baseball, and tennis! Please call us at 317.273.9622 for additional information and registration!

### SAVE THE DATE! UPCOMING EVENTS FOR THE FAMILY:

#### **LARGEST POOL PARTY: Thu, Jul 17 from 6-8pm**

Join us for swimming, water games, activities, and more! Dinner will be available for a \$5 donation. All proceeds will benefit our Annual Campaign.

#### **HALLOWEEN EXTRAVAGANZA: Fri, Oct 17 from 6-8pm**

Families are welcome to dress in costume for this spooky fun evening. Activities include campfire songs and stories, a haunted house, games, crafts, movie, and more!

#### **GOBBLE GALLOP: Thu, Nov 27 at 8am**

Burn off some calories before the big meal! Join us for our 3<sup>rd</sup> Annual Thanksgiving Day 5K, here at the Hendricks Regional Health YMCA! All proceeds will benefit our Annual Campaign.

### FACILITY HOURS:

**MON-FRI**  
5am-10pm

**SATURDAY**  
7am-7pm

**SUNDAY**  
11am-6pm

### MEMBER SERVICES:

**MON-FRI**  
8am-8pm

**SATURDAY**  
9am-4pm

**SUNDAY**  
Noon-4pm

### QUESTIONS, COMMENTS, IDEAS?

Contact Stacy Wilson,  
Member Involvement  
Director, at  
317-204-1908 or  
[swilson@indymca.org](mailto:swilson@indymca.org).