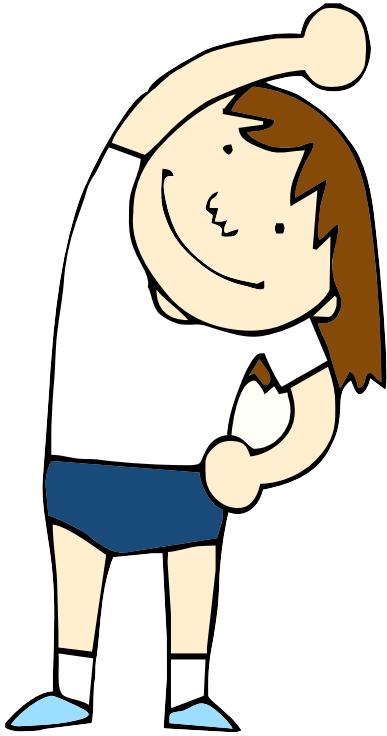


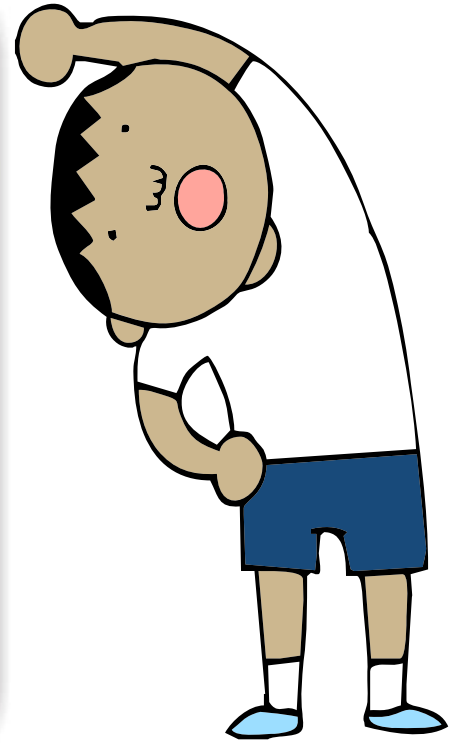
# YOU'RE GETTING WARM.



the big number

# 20

Each year, 20% of kids who play sports are injured, and one in four of these injuries is serious.



One of the best ways to avoid getting hurt – playing a sport, in gym class, and even on the playground – is to **warm up and stretch out a little first, and start off slowly before you go all out.** Begin with a warm up by “walking through” the upcoming activity – walk up and down the basketball court while dribbling or swim a couple of laps very slowly. After 5 minutes or so your muscles should be warm and ready to stretch. **Stretch your shoulders, back, thighs, calves, and arms, and always hold each stretch for at least 10 seconds.** After going all out at a sport, it’s also a good idea to “cool down.” Your muscles will **recover better and more quickly from exercise** if you walk around for a few minutes after a hard run or pedal slowly for a little while after a long bike ride.

**EAT BETTER. PLAY HARDER.  
LIVE HEALTHIER. LEARN EASIER.**

**WELLNESS IS A WAY OF LIFE!**