

HEALTH TIPS

from Rosie Roo



Hi Friend!

September is the month that many school sports and other activities begin. You may be joining a sports team for the first time. That's awesome! Being a part of a team is a great way to meet new people or spend time with your friends.

When you think about playing your favorite sports, you probably don't

think about it as exercising because you are having so much fun! ***But did you know that sports are a great way to get your daily exercise?***

Before you jump right in, remember these tips to keep you safe while having fun.

Tips for Safe Play

- Always make sure to warm-up before you play. Warm-ups like stretching and light jogging help to get your heart pumping and keep your muscles nice and warm. Warm-ups help you to avoid getting hurt.
- Make sure to pack all of the appropriate safety gear for the sport you play. Your sport might require a helmet, a mouth guard, or pads to protect certain parts of your body.
- Let an adult know if you've been hurt. It's not a good idea to play when you are injured.
- Bring a water bottle. Keeping yourself hydrated is very important when you will be exercising.
- If the sport you play is outdoors, you may need some sunscreen, a hat, or a visor to protect yourself from the sun.
- Have fun!



ASK (About Special Kids)

MHS is proud to have About Special Kids (ASK) as our partner in the Healthy Kids Club. ASK works to help children with special needs live better lives. They help families that have a child with special needs find services and people that can help them. Call ASK at 1-800-964-4746. Find out more at aboutspeakalkids.org.



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