

March is National Athletic Trainer Month

IPSC has a common interest in employee health as many major companies in the United States. Some of these companies include: Allison Engine, Coca-Cola, Dana Corporation, Delta Faucet, Daimer-Chrysler, Dupont, FedEx, Frito-Lay, GE, GM, John Deere, Kodak, Johnson and Johnson, Nike, U.S. Marine Corps and U.S. Navy. Each of these companies employ a full-time athletic trainer to help their employees with the same level of care provided to collegiate and professional athletes. In addition, IPSC offers athletic trainer services to their employees spouses, and children for free.¹

Athletic trainers are not personal trainers. Athletic trainers specialize in **all things sports medicine**. The National Athletic Trainers' Association confirms that, "There is virtually no difference between an occupational athlete and sports athlete. The skills athletic trainers use in returning an athlete to play are the same skills used to return an employee back to work."¹ The article continues, "Athletic Trainers are impacting change in health care. Together with doctors, coaches, school administrators, military leaders, government officials, performing arts, organizations and legislators, Athletic Trainers are reshaping how injuries are treated and more importantly, prevented. The future of health care requires action before, during, and after an injury. Athletic Trainer's impact health care through action."²

Athletic trainers are not new. Their profession has been organized since 1950 in the U.S., but practicing long before that. If you have ever watched professional or college sports events and witnessed an injury, you have seen an athletic trainer at work.

Athletic trainers are the only health care provider who receives their primary training at team facilities. Athletic trainers help athletes when they are injured at the time of the injury on the playing field or on the sideline. Trainers have the

knowledge and skills to help athletes with rehab and return to the highest level of competition.

The world's best athletes trust athletic trainers with their careers. IPSC provides that same service to its employees and their families for free!

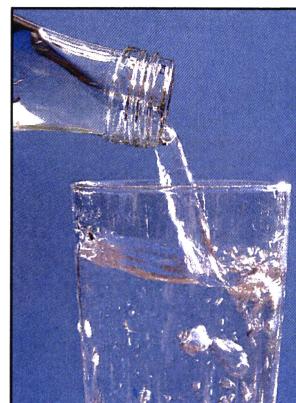
Sources

1. [www.nata.org/athletictrainers get results with occupational athletes, 2006](http://www.nata.org/athletictrainers_get_results_with_occupational_athletes_2006)
2. <https://www.nata.org/national-athletic-training-month-posters>

Water and Function

The human body is made up of 55 percent to 80 percent of water. Water supports and provides

many functions in the body such as, an insulator, lubricant, and temperature regulator. It aids in swallowing, metabolism, digestion, and shock absorption. Water plays an important role in the function of most systems in the body. This is why it is important to stay hydrated.



Thirst

We have often heard that when a person is thirsty he/she is already dehydrated. This is true.

Typically the body will lose a significant amount of fluid before the thirst mechanism kicks in—up to three percent of the total water makeup. Mental confusion and physical performance begin to diminish with a loss of only one percent of total body fluids.

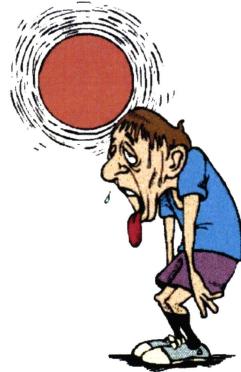
Dehydration

Studies have shown that women with mild dehydration have an increase in perception of task difficulty and diminished concentration. Men have subtle mental difficulties when dehydrated.

The following list will help individuals understand why he/she may feel a certain way at times.

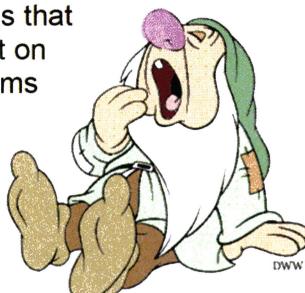
Dehydration leads to:

- Moodiness
- Concentration difficulty
- Headaches
- Fatigue
- Constipation and digestive disorders
- Anger
- High Blood Pressure
- High Cholesterol
- Acid-Alkaline imbalance
- Asthma
- Allergies
- Weight Gain
- Skin Disorders
- Joint Pain
- Joint Stiffness
- Bladder problems
- Kidney problems
- Premature aging
- Degenerative joint disease
- Degenerative disc disease
- Insomnia



Water plays a vital role in many functions. When people are dehydrated they don't feel well. To stay happy, drink more water.

Muscle tissue contains more water than other tissues in the body. Scientists believe this is due to the amount of energy the body stores. Muscles store glycogen and glycogen cells contain about 75 percent water. Fat cells contain only about ten percent water. This indicates that dehydration has less impact on fat cells than on other systems in the body



Fatigue

Fatigue is a major issue for many people. The body needs water to function properly. People who are tired all the time do not relate tiredness to dehydration. When a person is dehydrated, there is less blood flow to the organs, muscles, brain, and cells. Less blood flow results in lower oxygen levels and lower nutrients that produce energy.

Often when fatigued, we think our body needs more energy. This leads to the consumption of extra calories that are not needed. We also tend to seek

out drinks (caffeinated soft drinks and energy drinks) that stimulate the body.

Caffeine improves alertness and concentration. It stimulates the brain to produce adrenalin and gives a burst of stimulation. Caffeine does nothing to produce more energy because it is chemical reaction verses energy production. After the initial boost, our heart rate rises and blood pressure increases and that leads to greater fatigue. Too often stimulants are used to boost energy when all that is needed is a one or two percent increase of water in the body to help us feel better and to prevent or remove a fatigued state.

Sources

- www.healthcare-online.org/Body-Water-Percentage.html
- [Man, D. Even Mild Dehydration May Cause Emotional, Physical Problems, http://www.webmd.com/women/news/20120120/even-mild-dehydration-may-cause-emotional-physical-problems#1](http://www.webmd.com/women/news/20120120/even-mild-dehydration-may-cause-emotional-physical-problems#1)
- <http://www.waterbenefitshealth.com/symptoms-of-chronic-dehydration.html>
- <http://www.livestrong.com/article/550931-does-muscle-tissue-have-less-water-than-fat-tissue/>
- <https://water.usgs.gov/edu/propertyyou.html>

OUTAGE TENSION and STAY HYDRATED INITIATIVE

Improve your health, have more energy, function better and be happier. Join the OUTAGE TENSION and STAY HYDRATED INITIATIVE (for all employees and spouses). It is proven to work. The program is to stretch or warm up for 15 minutes each morning. Complete 30 days and stay hydrated each day.

Stay hydrated during the day. If you have cotton mouth, dry lips, or dark yellow urine at half way through the shift, do not count that day. The goal is to hydrate early. **Complete 30 days.**

Every one that completes the program will receive a gift card and have his/her name entered in a drawing.

