

STAYWELL

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Athletic Trainer Corner

Over-Training

Over-training is a condition that develops when the body is overstimulated with exercise, training, and activity. The make-up of the body cannot keep up with the forces applied. In youth this is often missed, because it presents itself in the form of pain or injury. It is not always obvious that the cause is over-training.

These conditions can be present in the forms of Osgood Slaughter's disease, Sever's Disease (heel), Patella Femoral Disease, shin splints, Compartment Syndrome, or stress fractures. Over-training can show in the form of mental and physical symptoms, such as fatigue, exhaustion, brain fog, poor sleep, irritability, and repeated injuries or illnesses.

One thing that is frequently overlooked is the importance of rest when exercising. For example, when weight training, the rest cycles are just as important as the sets and reps. Having rest between sets and exercises, along with a day of rest, is important to proper recovery.



Youth often play multiple sports at once, (one regular season sport and another traveling team sport). Even though each sport practices 3 days a week, the kids are training six days a week, which leads to problems. This often results with over-training symptoms. Rest is important and required for proper recovery and should be taken into consideration when youth are involved in so many activities or sports.

Ergonomics

Ergonomics is using proper body positioning to limit stresses on the body when performing tasks. Laptops, tablets, and cell phones are becoming a dominant aspect of our lives. Proper postural ergonomics needs to be looked at to limit problems later on. While in school I learned that the human head weighs between 10-16 lbs., almost as much as the average bowling ball. When looking down at an electronic device for a long period of time, a tremendous strain is created on the upper back, neck muscles, ligaments, and joints.

A few simple tricks can help eliminate stress on these structures when using devices. For example, placing a laptop on a table at eye level with a wireless key board and mouse will eliminate strain. When using a cell phone or tablet, rest your head in your hand with the elbow on the arm of the couch or table. This can unload the spine and decrease muscle fatigue.

One thing to remember is, every day bones break down and rebuild. Basically a bone grows according to the stresses placed on it. If the forces are always rounded and looking down, in a few years a large rounded posture or forward head posture will develop. We have all seen those who cannot stand up straight or lift his/her head all the way. From a medical stand point, this development is happening much earlier and more often in youth. Again, rest is the key. For posture, reversing the curve and going the other way is very important.



Getting Screened Could Save a Life

Why does IPSC offer an on-site health fair? On-site health fairs are an excellent way to create awareness about health and reduce health care costs. Yes, health fairs lower medical costs significantly when issues are prevented and caught early. It is a great benefit for employees and their families and shows concern for the health and welfare of each individual.

All information at the health fair is confidential. Only the medical staff see personal results. No information gained at the Health Fair can be used by management for any reason. They do not have access to individual's health information and they cannot request it.

Over the years many health conditions have been identified in early stages, and individuals have received the help and care he/she needed to avoid major health issues. Several severe conditions have been caught that were otherwise unknown. This allowed individuals to receive advanced health care that saved lives. Regular testing can help reduce the risk of certain illnesses and make the individual aware of possible health issues. These tests can be informative as to potential health risks. Early detection increases the chance of a better prognosis and/or recovery with treatment.

The upcoming Health Fair offers the opportunity to receive several informative health screenings, which are very valuable in terms of understanding health status and being aware of any risk factors that may exist.

By offering these screenings directly on-site we save money on health care charges. The screenings that are routinely offered are:

- ✓ Blood Pressure
- ✓ Blood Lipids/Cholesterol
- ✓ Metabolic Panel
- ✓ Diabetes
- ✓ We are trying to arrange a skin cancer screening, (pending provider availability).



Conclusion

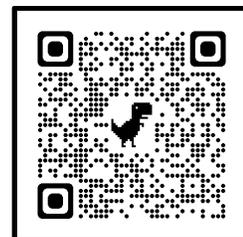
We highly encourage all employees and spouses to participate in the free Health Fair screenings. Discuss the results, and other age-related screenings, with your doctor at an annual physical, which is free with IPSC's medical insurance. Understanding risks and making simple lifestyle changes will have a big impact on a person's health and well-being.

Quarterly Wellness Initiatives:

All Initiatives and challenges are open to employees and spouses. Forms are located at www.ipsc.com. Forms are also located outside of Brian's office, or click on this QR code to access current programs.

New *

- ****Health Fair Participation Initiative***
- ****Leafyfest – Consume more health leafy vegetables.***
- ****Pre-hunt and reach your fitness peak***
- ****Kind words and Be positive***



Ongoing/repeatable each quarter: *Shoulder Protection Initiative – Radon Test – Diabetes Prevention and BP/Cholesterol Improvement Initiative – 4 Qtr. Prove IT Fitness Challenge-Weight Loss Challenge and Maintenance Program – 100 winks improve sleep initiative.*