



## CV HEALTH

Central Valley School District

December 2009

### High School Athletes: Staying in Shape During the Off Season

If you're a fall or spring athlete, winter may be the only time you have to relax. You're probably looking forward to watching some TV and downing some Christmas cookies. However, inactivity in the winter can lead to a host of problems when your season finally begins.

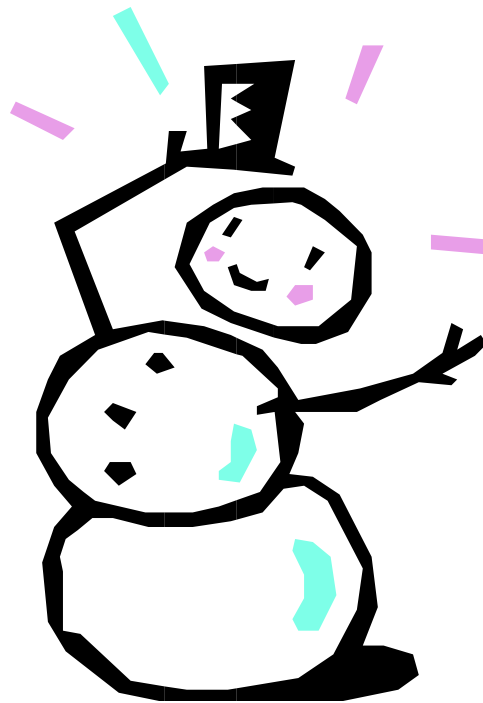
The first problem is obvious: getting out of shape. If you let your physique go in the winter, it's going to be hard to get it back and perform at your optimal level. Try to workout at least four times per week, even if it's only for a short time. Just staying active will allow you to retain some of the speed and agility you worked so hard to gain.

While any physical

activity is beneficial, for athletes, it's important to keep doing sport-specific drills and exercises. But don't focus too much on

these obvious muscle groups. Winter is the perfect season for cross training. If you only workout certain muscles, you may develop an imbalance that can lead to injury. For instance, many runners experience knee pain because their quads become much stronger than their hamstrings while running. This allows the knee cap to glide off track when the knee bends. The focus during winter training should be on overall fitness and the development of muscles that are used less during the regular season.

Athletes, enjoy your season of relaxation. Just remember to eat healthy and stay active, and you'll be in perfect shape for spring conditioning.



Winter is the only time fall and spring athletes have to chill out.

### H1N1 In Pennsylvania

No high school kid thinks much about H1N1 other to make the occasional swine flu joke. But did you know that everyone from age 6 months-18 years is recommended to get the vaccine? Because high school students spend

so much time in close proximity, they're at an increased risk of catching the infection.

The vaccine is available on announced dates from the PA Health Department. It is also distributed when available to doctors, hospitals, and clinics.

The best thing to do is to talk to your doctor about when he or she expects the vaccine to be available. As soon as the state health department can get vaccines, they will be distributed and available to the public.

# Resolution Run

Got a New Year's Resolution to get in shape? Here's the perfect way to start off. Race in the "Resolution Run" at North Park Boathouse on January 2nd. There will be a 3.1mi run, along with a 1mi fun run/ walk. You can register and get information at [jvresolutionrun.com](http://jvresolutionrun.com). The cost is \$15 before December 19th, and \$20 any day thereafter. Registration is also available the morning of the race, at 8:00 a.m. The race begins at 9:30 a.m.

Running is a great way to start the new year off right, no matter what your ability level. Head out to Resolution Run for a fun, healthy morning.



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