

Physicals
are just
\$49

Your Kids and Sports:

Things to Consider

Children benefit in many ways from sports. In addition to the physical benefits, sports help a child develop focus, judgement, teamwork and self-esteem. While sports are good for kids, participating in sports may lead to injuries. Here are some quick tips to keep your young athlete healthy.



Get a sports physical



Stay hydrated



Play by the rules



Don't overdo it



Warm up & cool down



Have fun!



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Dr. David Gould, Dr. Katherine Holzman, Dr. Lillian Howard, Dr. Santpurkar

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