

Get Fit. Be Healthy. Have Fun Through Sports.



LOOK INSIDE FOR:

- Tips on staying healthy
- Fun Facts and information
- Games and more!

Benefiting



NATIONWIDE
CHILDREN'S
HOSPITALSM



CORA
Central Ohio Restaurant Association



22nd Arnold Classic ■ Active Living Festival ■ Amateur Fitness, Figure & Bikini ■ Amateur Men's & Women's Bodybuilding ■ Amateur MMA ■ Amateur Strongman Archery ■ Armwrestling ■ Art At The Arnold ■ Bench Press ■ Boxing ■ Cheerleading & Dance ■ CrossFit ■ DanceSport–Youth/Senior ■ EXPO ■ Fencing Figure International ■ Figure Skating ■ Fitness International ■ Fitness Training Seminar ■ Grappling/Jiu Jitsu ■ Gymnastics ■ Judo ■ Karate Martial Arts Festival ■ Ms. International ■ Party With The Pros ■ Powerlifting ■ Pump & Run (5K Run/Walk) ■ Skateboarding ■ Sports Photography Strength Training Summit ■ Strongman Contest ■ Table Tennis ■ Tae Kwon Do ■ Weightlifting ■ Wrestling
COLUMBUS, OHIO USA

Dear Friends:

The joy and health benefits of fitness can be experienced throughout life. The earlier this lesson is learned the greater and long-lasting are the benefits. This booklet is a joint project of Nationwide Children's Hospital and the Arnold Sports Festival. It is designed to encourage children and families to experience the joy and personal rewards that pursuing a healthy lifestyle can bring.

There are many pathways to achieving fitness. The great range of sports and recreational activities available in our communities offer opportunities for fun and healthy physical expression for all individual interests and skill levels. Exploring those opportunities both as families and youngsters can be a life enriching experience. It can also make the difference for a healthy life.

The fitness related stories and information in this booklet illustrate a variety of approaches to becoming fit. Learning that fitness is fun is an important life message. The basic lessons of sport involving self-discipline and personal striving can be life changing. Encouraging participation in sports and daily physical activity, promoting healthy diets, and engaging in fitness as a family value – we know will produce lifetime benefit.

Sincerely yours,

Arnold Schwarzenegger

Steve Allen, MD
 Chief Executive Officer
 Nationwide Children's Hospital

Be A Champion For Kids

The Arnold Sports Festival teams up with Nationwide Children's Hospital. Every child can enjoy the fun of sports, even if they have special challenges.

Benefiting



Nationwide Children's Hospital is one of America's largest pediatric centers just for kids. They care for more than 800,000 children each year from around the world. Every child gets the best care regardless of their family's ability to pay. The hospital cares for athletes and active children of all ability levels – from elite to recreation. They also help kids who have physical challenges because of accidents, illness or birth defects. The goal is to get everyone back in the game! Nationwide Children's Sports Medicine and Orthopedic Center is the only dedicated pediatric sports medicine facility in Ohio, and only one of four in the country.

The Arnold Sports Festival is proud to support Nationwide Children's Hospital and their mission to help kids. The annual Arnold Sports Festival with the Central Ohio Restaurant Association has partnered to raise money to support Nationwide Children's and their work in Sports Medicine and Rehabilitation. Would you like to see more about Nationwide Children's Hospital and learn how you can help? Visit: www.nationwidechildrens.org/arnold



EXPO Craze Maze

Find your way thru the expo.



For answers visit: www.arnoldsportsfestival.com and click Team Up For Health

5 Five Ways to Avoid Sports Injuries

Playing sports is a lot of fun. Getting hurt is not.

Five steps to prevent injuries so you can stay in the game:

- Wear protective gear, such as helmets, protective pads, and other gear.
- Warm up and cool down.
- Know the rules of the game.
- Watch out for others
- Don't play when you're injured.

Take these five steps to prevent injuries so you can stay in the game:

1. Wear Protective Gear:

Protective gear is anything you wear that helps keep you from getting hurt. The gear you wear depends on the sport you play. Helmets are the most common protective gear. They protect your all-important head while you're playing football, hockey, baseball, softball, biking, skateboarding, and inline skating, just to name a few!

Make sure you're wearing the right helmet for your sport. For instance, don't wear your baseball batting helmet when you're playing football! Your helmet should fit snugly but comfortably, and if it has a strap — like a bike helmet does — you need to fasten it. Otherwise, it will fall off when you need it most.



Other sports require eye protection, mouthguards, pads, wrist, elbow, and knee guards, and a protective cup (for boys only). And don't forget your feet. Cleats are worn in football, baseball, softball, and soccer. These shoes have special rubber or plastic points on the soles to help your feet grip the ground when you run around.

Talk with your parents or your coach to know what gear you need. Then wear that gear whenever you're practicing or playing.

2. Warm Up:

It's not a good idea to just bolt on to the field and start playing. You shouldn't even start stretching until you're a little warmed up. So take a light jog to get loosened up and ready to play.

Doing some stretching also can get you prepared to hit the field. By warming up, you get yourself ready to play. Warming up your muscles and practicing a sport help keep you safe, too. Warm-ups that last 15 to 30 minutes and include slow, gradual stretching help lengthen your muscles and increase your blood flow and muscle temperature. That way, your muscles are ready to go and are much less likely to get hurt.



3. Know the Rules of the Game:

Traffic lights at intersections help prevent crashes between the many cars and trucks that drive on the roads together. This works because drivers know the rules and follow them — at least most of the time. It's the same way with sports.

When players know the rules of the game — what's legal and what's not — fewer injuries happen. You and the other players know what to expect from each other. For instance, you know that in soccer you can't come from behind, crash into a player's legs, and steal the ball. It's legal — and safer — to go after the ball rather than the player.

With sports that use plays, it helps to understand the plays and what your role is in each one. Being where you're supposed to be can help you stay out of harm's way, too.

4. Watch Out for Others:

Some rules don't have anything to do with scoring points or penalties. Some rules are just about protecting other people

and being courteous. For instance, in baseball or softball, the batter can't fling the bat after hitting the ball and heading for first base. He or she must drop it so that it doesn't hit anyone. Likewise, a diver would make sure that the pool was clear before diving in. Otherwise, he or she might land on someone else.

One way you can watch out for others is to communicate on the field. For instance, a baseball player in the outfield might yell "I got it" to avoid a collision with another outfielder. Listening to your coach during a game also can help keep you safe. It's also good to just be courteous, like telling someone his or her shoe is untied. Check your shoes, too!

5. Don't Play When You're Injured:

This is a really important one. If you love sports, it's tempting to get right back in the game, even after an injury. But playing when you're hurt — or before an injury has had a chance to fully heal — is a bad idea. It can lead to an even worse injury, one that might sideline you for a long time. Be honest with parents and coaches if you've been hurt. See a doctor for your injuries, when necessary, and follow his or her advice about how and when to return to practice and play.

Now you know what kids need to know about staying safe. Hopefully, if you follow rules 1, 2, 3, and 4, you won't need number 5. Or at least not quite as often!

Content provided by the experts at:



www.NationwideChildrens.org/Sports-Medicine

What to do about swelling?

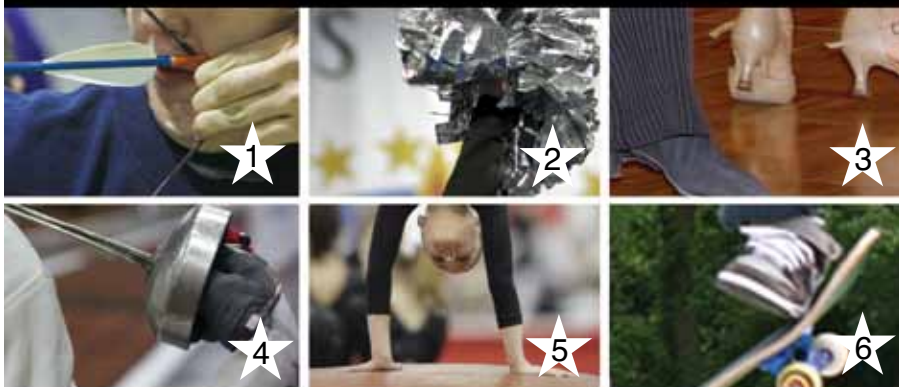
In the early phase, remember PRICE:

- P = Protection** from further damage
- R = Rest** to avoid prolonging irritation
- I = Ice** (cold) for controlling pain and bleeding
- C = Compression** for support and controlling swelling
- E = Elevation** for decreasing bleeding

- **Protection** can mean immobilization with a brace, a wrap, or even just staying off the body part.
- **Rest** means not moving the body part in a painful way. Movement is good, and can increase healing, but it should be pain free at this stage.
- **Ice** for the first 72 hours, 20 minutes out of every hour. Leaving ice on longer actually reverses the effect it has, and may increase swelling. Chemical icepacks should never be applied directly to the skin, or frostbite can occur. Do not use heat for the first 72 hours; heat will increase the swelling.
- **Compression** with an elastic wrap starting below the injured area and ending above. Your athletic trainer or doctor can show you how to wrap the body part to minimize swelling.
- **Elevation**, or resting with the injury above heart level, to encourage swelling to return towards the body, instead of collecting in the extremities where it is difficult to get rid of.

If your swelling is chronic, or lasts longer than 2-3 weeks, you should see your doctor. Your doctor will be able to recommend medication, exercise or therapy to resolve the swelling. Remember, swelling is the body's reaction to an injury; if the swelling is still present, so is the injury.

what sport is it? Identify the sports.



1 _____ 2 _____ 3 _____
4 _____ 5 _____ 6 _____

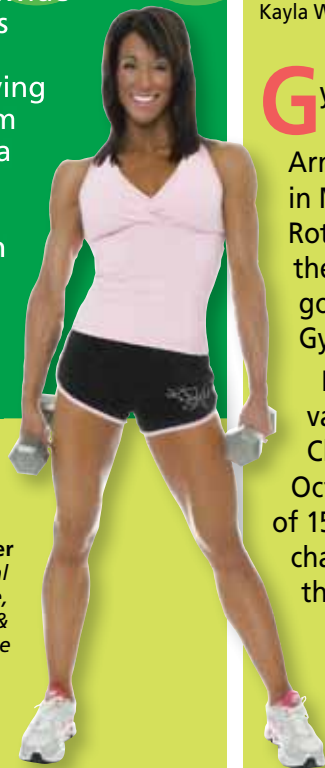
Hint: Is it gymnastics, ballroom dancing, fencing, archery, skateboarding or cheerleading? For answers visit: www.arnoldsportsfestival.com and click Team Up For Health

Columbus Rotary and Arnold Sports Festival promote education through sports

"If you believe in your dreams, they will come true."

Julie Palmer of Powell, OH is a 10-year professional fitness athlete who has competed at the Arnold Sports Festival for several years, but she is also much, much more. Julie also is the mother of boys ages 10 and 13 and works as a nurse at Nationwide Children's Hospital. Julie is living her dream through a lifestyle focused on health and fitness.

Julie Palmer
professional fitness athlete,
mother &
nurse



Kayla Williams with Columbus Rotarian Ron Kyser

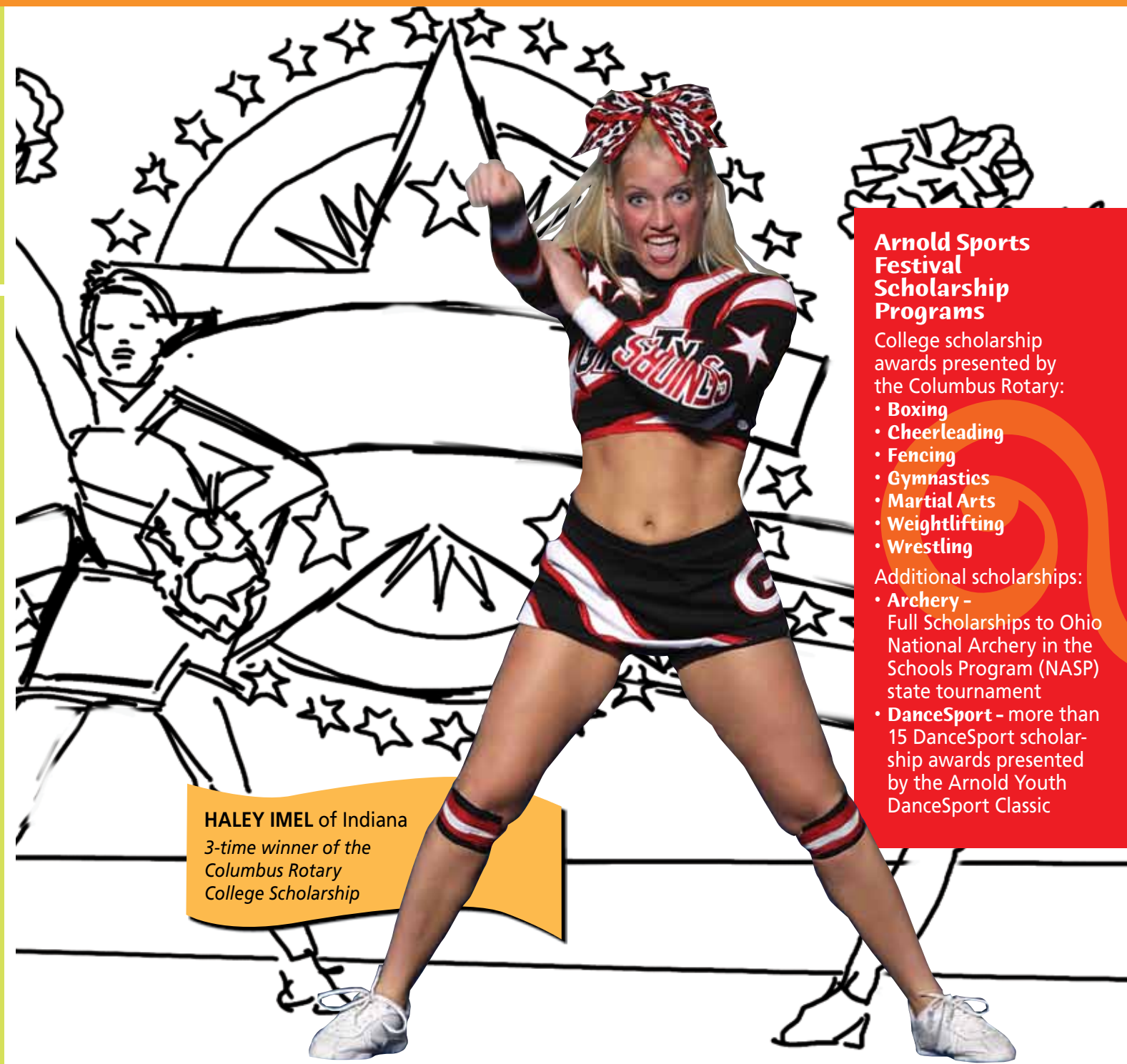
Gymnast **Kayla Williams**, 16, of Huntington, WV, competed in the Arnold Gymnastics Challenge in March 2009 and won a Columbus Rotary Scholarship. She has become the first U.S. woman to win a gold medal in vault at the World Gymnastics Championships.

Kayla Williams dominated the vault at the World Gymnastics Championships in London in October with a composite score of 15.087, besting European vault champion Ariella Kareslin by more than half a point and Olympic

champion Hong Un-jong by more than a point.

Since competing in Columbus, she has qualified for the Visa Championships and the USA Gymnastics national championships, where she took gold in the vault and earned a spot on the national team.

Williams, a junior at Huntington High School, now has her sights set on a return to London where she hopes to represent the United States in the Summer Olympics in 2012.



HALEY IMEL of Indiana
3-time winner of the
Columbus Rotary
College Scholarship

Arnold Sports Festival Scholarship Programs

College scholarship awards presented by the Columbus Rotary:

- Boxing
- Cheerleading
- Fencing
- Gymnastics
- Martial Arts
- Weightlifting
- Wrestling

Additional scholarships:

- **Archery** - Full Scholarships to Ohio National Archery in the Schools Program (NASP) state tournament
- **DanceSport** - more than 15 DanceSport scholarship awards presented by the Arnold Youth DanceSport Classic

The Arnold Sports Festival celebrates excellence through sports performance

Columbus Rotary is an organization of more than 400 diverse business and professional leaders who effect positive and enduring change in the lives of others. Members provide exemplary leadership and high ethical standards and volunteer commitments to youth, community, vocational,

international and club service according to the values of the Rotary Four-Way Test. Columbus Rotary is one of the largest clubs among 32,000 encompassing 1.2 million members worldwide. Columbus Rotary is Service Above Self. www.columbusrotary.org



Healthy Lifestyle Facts Did You Know?

- The restaurant industry is an industry of choice. Restaurants provide consumers with a wide variety of foods in a wide variety of portion sizes because that is what customers want.
- Tableservice restaurants make it easy for consumers to choose the portion size they want.
- 95 percent of restaurants provide take-away containers for consumers that want to turn "tonight's dinner into tomorrow's lunch."
- Americans eat out an average of four times a week, meaning there are approximately 17 other meals each week that comprise one's diet.



Nutrition Facts—How to improve your game...

All kids need to eat a variety of healthy foods, and athletes are no different. Everybody needs foods that include: **protein** (found in meat, eggs, and dairy foods) **carbohydrates** (fruits, vegetables, and whole grains are the best sources) **vitamins** (as found in fruits and vegetables, for instance) and **minerals** like calcium (found in dairy products). Kids need some fat, too, but that's not usually difficult to get. It's found in meats, cheeses, nuts, oils, and butter, just to name a few.

Bring on the Liquids: You've probably seen athletes drinking water when there is a break in the action. That's because athletes need water before, during, and after exercise. When people sweat, they lose water through their skin. Sweating cools the body down, but if you lose too much water this way, you could get dehydrated. If you get dehydrated you won't feel well or perform well. Serious dehydration can make you sick enough that you'd need to go to the emergency



department for treatment. Drinking before, during, and after exercising (or an event) is the best way to stay hydrated. Don't wait until you're thirsty. Water is the best choice. Fruit juice mixed with water is another refreshing drink. But avoid sodas, especially caffeinated ones.

A sports drink is OK once in a while, but remember that these drinks have a lot of sugar and calories. Water is still the best drink for your body and it contains no calories. You may want to choose a sports drink if you are exercising for more than 90 minutes or in really hot weather.

SUPER STRAWBERRY BARS

Prep time: 45 minutes / Serves: 12 / Serving size: 1 square

INGREDIENTS:

- 1 c. flour
- 1 c. rolled oats
- 1/2 c. butter or margarine, softened
- 1/3 c. light brown sugar
- 1/4 tsp. baking powder
- 1/8 tsp. salt
- 3/4 c. strawberry jam

UTENSILS:

- oven (you'll need help from your adult assistant)
- large bowl
- square (8" x 8") pan coated with nonstick spray
- large spoon
- knife (you'll need help from your adult assistant)
- measuring cups and spoons

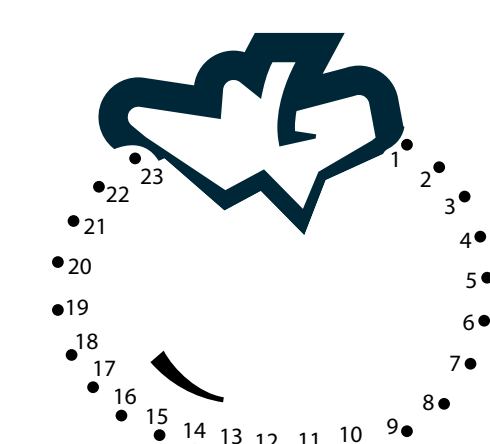
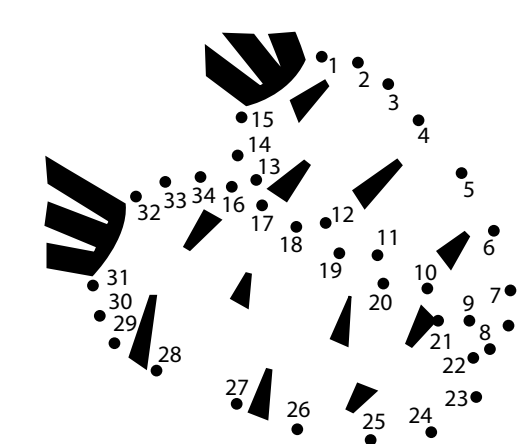
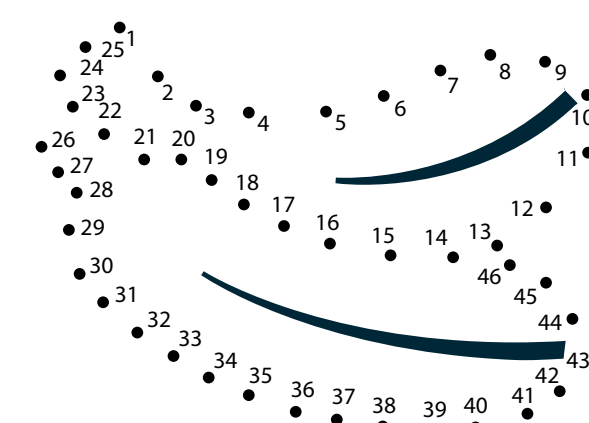
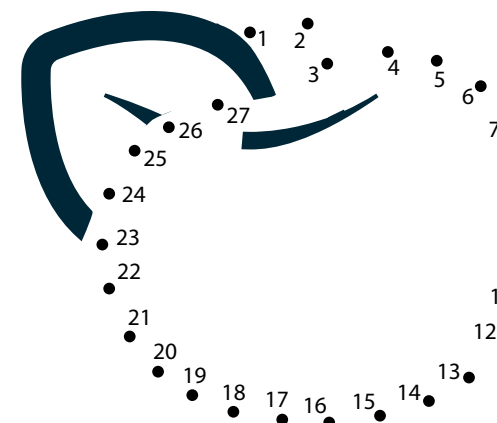
DIRECTIONS:

1. Preheat oven to 350° Fahrenheit (180° Celsius).
2. In a large bowl, mix everything together except the strawberry jam.
3. Measure out 2 cups of this mixture. Leave the rest in the bowl, and set it aside.
4. Take the 2 cups of the mixture and press it into the bottom of the pan. You can use your hands or a spoon. Make sure you cover the entire bottom of the pan!
5. Using a large spoon, spread the strawberry jam on top of the mixture in the pan. Spread it evenly all over.
6. Take the mixture that was left in the bowl, and spread it over the strawberry jam. Press it down lightly.
7. Bake for 25 minutes. Remove the pan from the oven, and allow it to cool for at least 15 minutes.
8. Cut the bars into 12 squares to eat and share!



Fruit & Veggie Draw

CONNECT THE DOTS



For answers visit: www.arnoldsportsfestival.com and click Team Up For Health



Watch for Changing Interests

As time passes, your child may lose interest in old favorites, such as soccer. The trick is to help your child continue to be active, even if league play falls by the wayside. Staying active and keeping fit are the goals, so help find a replacement activity or activities that your child enjoys.

Benefits of Being Active:

When kids are active, their bodies can do the things they want and need them to do. Why? Because regular exercise provides these benefits:

- strong muscles and bones
- weight control
- decreased risk of developing type 2 diabetes
- better sleep
- a better outlook on life

Healthy, physically active kids also are more likely to be academically motivated, alert, and successful. And physical competence builds self-esteem at every age.



Motivating Kids to Be Active

Anyone who's seen kids on a playground knows that most are naturally physically active and love to move around. But what might not be apparent is that climbing to the top of a slide or swinging from the monkey bars can help lead kids to a lifetime of being active.

As they get older, it can be a challenge for kids to get enough daily activity. Reasons include increasing demands of school, a feeling among some kids that they aren't good at sports, a lack of active role models, and busy working families.

And even if kids have the time and the desire to be active, parents may not feel comfortable letting them freely roam the neighborhood as kids once did. So their opportunities might be limited.

Despite these barriers, parents can instill a love of activity and help kids fit it into their everyday routines. Doing

so can establish healthy patterns that will last into adulthood.

What Motivates Kids?

Choosing the right activities for a child's age: If you don't, the child may be bored or frustrated.

Giving kids plenty of opportunity to be active: Kids need parents to make activity easy by providing equipment and taking them to playgrounds and other active spots.

Keeping the focus on fun: Kids won't do something they don't enjoy.

Whatever their fitness personality, all kids can be physically fit. A parent's positive attitude will help a child who's reluctant to exercise.

Be active yourself and support your kids' interests. If you start this early enough, they'll come to regard activity as a normal — and fun — part of your family's everyday routine.

The Right Sport

There are dozens of sports, so you might not have found the one for you yet. Lots of kids try soccer and baseball. But what if your best sport is going to be volleyball, cheerleading, or gymnastics? You'll have to try it and find out. Some kids are naturally graceful. Others are strong. And still others have great aim. Different sports require different skills, so you'll want to try different sports to find one that suits you. Some activities you might not think of as sports, such as karate or cheerleading, but they are great for staying active.

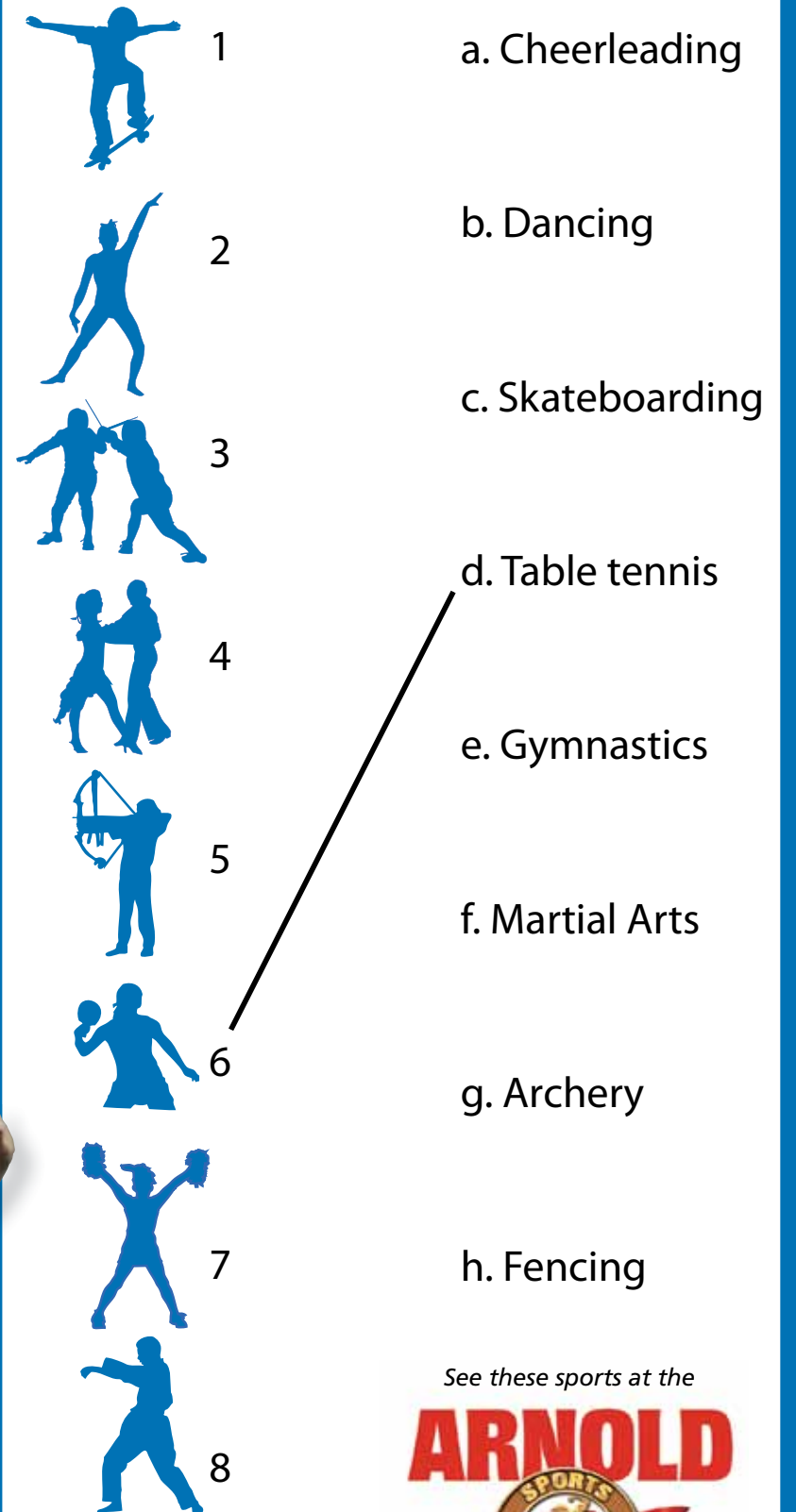
If you don't like being on a team that much, you might consider individual sports. An individual sport means a kid does the sport on his or her own. You can do these sports competitively or just for the fun of doing them.

Here's a list of some individual sports:

- archery
- biking
- bowling
- cheerleading
- dancesport (ballroom and latin dance)
- golf
- gymnastics
- ice skating
- hockey
- in-line skating
- martial arts
- running
- skateboarding
- swimming / diving
- tennis (including table tennis)
- wrestling



Connect with Youth Sports



See these sports at the



For answers visit: www.arnoldsportsfestival.com and click Team Up For Health



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NATIONWIDE
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Become part of the movement to support Nationwide Children's Hospital. Contact Brian.Harman@NationwideChildrens.org or call 614-355-0813 to learn how you can help the patients and families we serve.

Health e-Hints™ FREE E-Newsletter
Register online at NationwideChildrens.org
(click Health Information Library)

Sports Medicine
www.NationwideChildrens.org/Sports-Medicine



www.arnoldsportsfestival.com

The Arnold Sports Festival – the greatest Sports-Fitness Experience of your life! The festival annually welcomes more than 18,000 athletes that compete in 44 sports & events including 13 Olympic sports. Plus a 3-day Fitness EXPO with 700 booths and world level entertainment.

A family fun event that Attracts the World!



www.centralohiorestaurants.org

The Central Ohio Restaurant Association partners with local organizations and restaurants to promote a healthy lifestyle.