|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| No food or pill can burn fat, only exercise can!NATIONAL ATHLETIC TRAINING MONTH |  | The heels bear 60% of the body’s weight, so make sure your athletic shoes have adequate heel padding!C:\Users\hworthen\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\A16EMGAM\MC900438744[1].jpgNATIONAL ATHLETIC TRAINING MONTH |  | Human thigh bones are stronger than concrete!C:\Users\hworthen\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\82RTY06J\MC900412704[1].wmfNATIONAL ATHLETIC TRAINING MONTH |
| Athletic Trainers save lives!C:\Users\hworthen\Pictures\1111.bmpNATIONAL ATHLETIC TRAINING MONTH |  | C:\Users\hworthen\Pictures\1111.bmpI my Athletic Trainer!NATIONAL ATHLETIC TRAINING MONTH |  | Your heart beats over a 100,000 times a day! C:\Users\hworthen\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\82RTY06J\MC900055182[1].wmf NATIONAL ATHLETIC TRAINING MONTH |
| Athletic Trainers are leaders in concussion recognition and management!C:\Users\hworthen\Pictures\1111.bmpNATIONAL ATHLETIC TRAINING MONTH |  | C:\Users\hworthen\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\82RTY06J\MC900055182[1].wmfFor every minute an AED is delayed, life expectancy falls by 10%!NATIONAL ATHLETIC TRAINING MONTH |  | C:\Users\hworthen\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\82RTY06J\MC900412704[1].wmfYour ribs move about 5 million times a year!NATIONAL ATHLETIC TRAINING MONTH |
| There are over 40,000 Certified Athletic Trainers in the US!C:\Users\hworthen\Pictures\1111.bmpNATIONAL ATHLETIC TRAINING MONTH |  | Less than half of all high schools in the US provide their student-athletes access to a certified athletic trainer!C:\Users\hworthen\Pictures\1111.bmpNATIONAL ATHLETIC TRAINING MONTH |  | Like fingerprints, everyone’s tongue print is different!C:\Users\hworthen\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\A16EMGAM\MC900437980[1].wmfNATIONAL ATHLETIC TRAINING MONTH |
| More than 70% of Athletic Trainers have a master’s or doctoral degree!C:\Users\hworthen\Pictures\1111.bmpNATIONAL ATHLETIC TRAINING MONTH |  | Supplements including vitamins are not regulated by the FDA!C:\Users\hworthen\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\IKNE1IRD\MC900413538[1].wmfNATIONAL ATHLETIC TRAINING MONTH |  | The human brain is 78% water! So drink lots of water!C:\Users\hworthen\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\82RTY06J\MC900197566[1].wmfNATIONAL ATHLETIC TRAINING MONTH |
| Athletic Trainers are recognized allied healthcare professionals! C:\Users\hworthen\Pictures\1111.bmpNATIONAL ATHLETIC TRAINING MONTH |  | Energy drinks and supplements can cause the body to overheat!C:\Users\hworthen\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\IKNE1IRD\MC900413538[1].wmfNATIONAL ATHLETIC TRAINING MONTH |  | A person will die from total lack of sleep sooner than from starvation!C:\Users\hworthen\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\725DGN9K\MC900434377[1].wmfNATIONAL ATHLETIC TRAINING MONTH |
| Athletic Trainers improve patient functional and physical outcomes!C:\Users\hworthen\Pictures\1111.bmpNATIONAL ATHLETIC TRAINING MONTH |  | On a 98 degree day, artificial turf can reach 200 degrees!C:\Users\hworthen\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\725DGN9K\MC900439931[1].wmfNATIONAL ATHLETIC TRAINING MONTH |  | An individual blood cell takes about 60 seconds to make a complete circuit of the body!C:\Users\hworthen\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\725DGN9K\MC900211494[1].wmfNATIONAL ATHLETIC TRAINING MONTH |
| Exercise decreases stress and anxiety levels!C:\Users\hworthen\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\725DGN9K\MC900439931[1].wmfNATIONAL ATHLETIC TRAINING MONTH |  | 33 football players died from heat stroke from 1995-2008!C:\Users\hworthen\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\725DGN9K\MC900439931[1].wmfNATIONAL ATHLETIC TRAINING MONTH |  | Laughing lowers levels of stress hormones and strengthens the immune system!C:\Users\hworthen\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\A16EMGAM\MC900437980[1].wmfNATIONAL ATHLETIC TRAINING MONTH |
| Getting a good night’s sleep will increase your memory and attention!C:\Users\hworthen\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\725DGN9K\MC900434377[1].wmfNATIONAL ATHLETIC TRAINING MONTH |  | Children sweat less than adults, making it harder for them to cool off!C:\Users\hworthen\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\725DGN9K\MC900439931[1].wmfNATIONAL ATHLETIC TRAINING MONTH |  | The human body replaces its entire skeleton about every 10 years!C:\Users\hworthen\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\82RTY06J\MC900412704[1].wmfNATIONAL ATHLETIC TRAINING MONTH |
| Eating breakfast increases your problem solving ability!C:\Users\hworthen\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\IKNE1IRD\MC900413538[1].wmfNATIONAL ATHLETIC TRAINING MONTH |  | 62% of organized sports-related injuries occur during practices rather than games!C:\Users\hworthen\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\725DGN9K\MC900439931[1].wmfNATIONAL ATHLETIC TRAINING MONTH |  | There were 3,800,000 brain injuries in tackle football players in the 2007 football season!C:\Users\hworthen\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\82RTY06J\MC900197566[1].wmfNATIONAL ATHLETIC TRAINING MONTH |