

GET MOVING. STAY SAFE. WEAR A HELMET.

Texas Medical Association physicians care about your child's health and safety.



TMA has given away more than 60,000 helmets through Hard Hats for Little Heads.

SAFE, SMART EXERCISE

Doctors want Texas children to be healthy and safe. Exercise is important, especially for kids. It will help you feel better, stay fit, and avoid future health problems.

Bike riding, skateboarding, inline skating, and riding a scooter are good ways to have fun and get lots of exercise. But even really good bike riders, skaters, and boarders crash. One wrong fall is all it takes to wind up with a serious head injury. That's why doctors want you to wear your helmet when you ride — especially one that fits properly.

TMA's Hard Hats for Little Heads program promotes fun exercise and teaches parents and children about the importance of wearing a helmet. A properly fitting helmet can prevent almost all head injuries — up to 85 percent.



Hard Hats for Little Heads
Physicians Caring for Texans

Hard Hats for Little Heads is funded by the TMA Foundation, the philanthropic arm of TMA, through grants from Blue Cross and Blue Shield of Texas and Prudential Financial, and gifts from physicians and their families.

FIT IS IMPORTANT

- The helmet must sit squarely on your head.
- The front of the helmet should cover your forehead, about 1 inch above the eyebrows.
- Adjust the straps (snug but comfortable) to secure the helmet.
- If needed, use the pads included with the helmet to make it fit snugly.
- Test your fit by pushing on the helmet. If it shifts or slides with a simple push, readjust the straps.
- If adjusting the straps doesn't work, the helmet may be too large.
- Wearing a helmet that is too big, too small, old, or unbuckled will not protect you. Helmets wear out and should be replaced every few years.

EXERCISE FOR FUN & FITNESS

Doctors are extremely concerned about children's health today — especially when it comes to their weight. The statistics are frightening.

- One-third of Texas teens are overweight or obese.
- Overweight adolescents have a 70 percent chance of becoming overweight as adults, putting them at risk for diseases like diabetes and heart disease.

Just 30 minutes to an hour of exercise every day can keep you fit. Plus, kids who exercise do better in school.



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