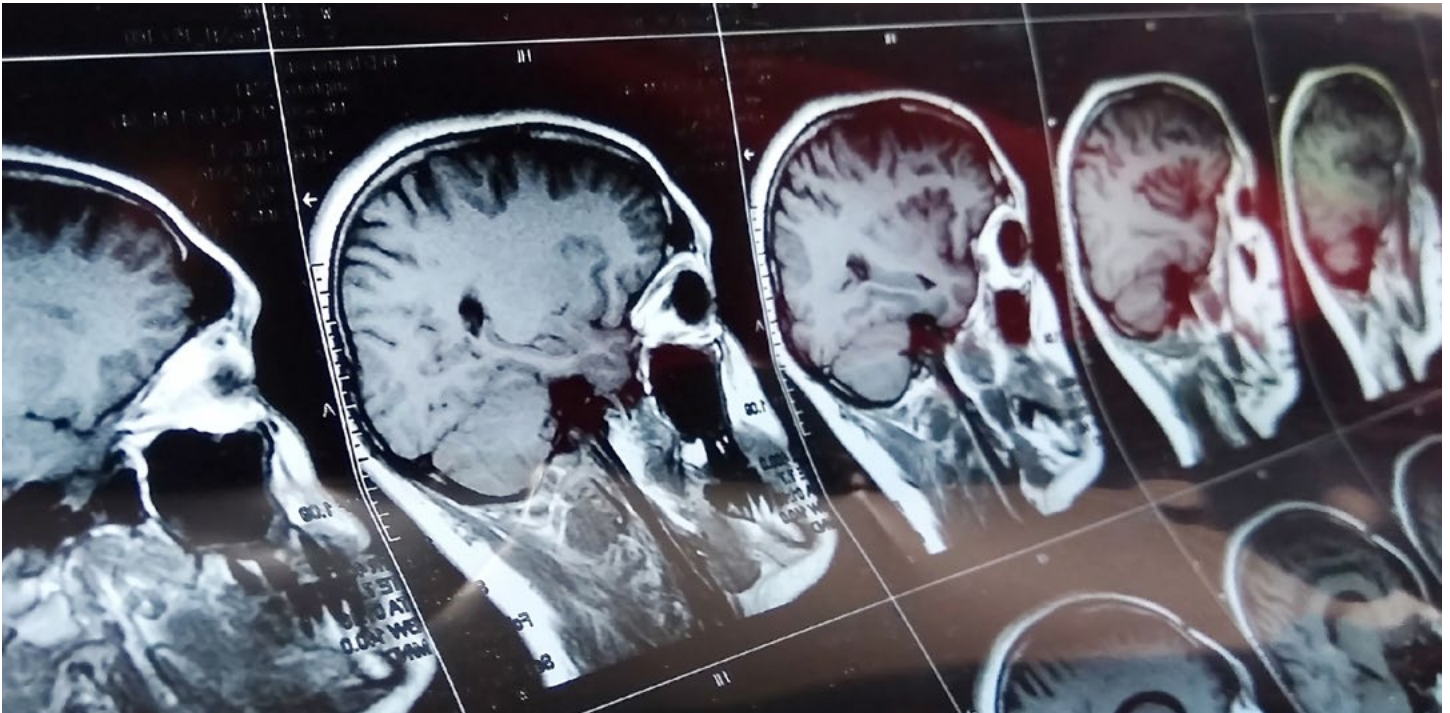


# CORE Solutions

January Is National Winter Sports Traumatic Brain Injury (TBI) Awareness Month



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## TBI Awareness Month

January is National Winter Sports TBI Awareness Month. Knowing just how common these injuries are in winter sports can help us take steps to prevent some of these brain injuries.

A concussion is a type of traumatic brain injury –or TBI – caused by a bump, blow or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging brain cells.

A recent study published in the Orthopaedic Journal of Sports Medicine looked at the incidence of head and neck injuries in seven extreme sports: snowboarding, snow skiing, snowmobiling, surfing, skateboarding, mountain biking and motocross. Some of the study's findings are summarized below:

- More than 4 million injuries were reported in the seven sports between 2000 and 2011. Of those, 11% involved injuries to the head and neck with 83% of these involving the head.
- Skateboarding, snowboarding, snow skiing and motocross had the highest number of head and neck injuries. Mountain biking, snowmobiling and surfing had the lowest numbers.
- Snowboarding had the most concussions. In fact, about 30% of concussions in extreme sports occurred in snowboarding. Snow skiing was associated with about 25% of concussions.
- Skateboarding and motocross had the most severe head and neck injuries, like skull fractures and cervical spine fractures.



### Concussion Signs and Symptoms

People who show or report one or more of the signs and symptoms listed below – or simply say they just “don’t feel right” after a bump, blow or jolt to the head or body – may have a concussion or more serious brain injury.

- Can’t recall events prior to or after a hit or fall
- Appears dazed or stunned
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score or opponent
- Moves clumsily
- Answers questions slowly

### Concussion Symptoms Reported

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness or double or blurry vision

- Bothered by light or noise
- Feeling sluggish, hazy, foggy or groggy
- Confusion, or concentration or memory problems
- Just not “feeling right,” or “feeling down”

### Concussions Are Serious

Medical providers may describe a concussion as a “mild” brain injury because concussions are usually not life-threatening. Even so, the effects of a concussion can be serious.

You should continue to check for signs of concussion right after the injury and a few days after the injury. If a person’s concussion signs or symptoms get worse, you should take him or her to the emergency room right away.

Source: [cdc.gov](https://www.cdc.gov) and [health.gov](https://www.health.gov)

## Monthly Moves: Diamond Push-ups

- Get on your hands and knees.
- Position your hands close together so your index fingers and thumbs make a diamond shape. It might look like a triangle, depending on the flexibility of your thumbs.
- Stretch your legs back into a standard push-up position.
- Keeping your core braced, lower yourself until your chest reaches the floor. Your elbows will flare out to the sides.
- Return to the starting position.

Source: [livestrong.com](https://www.livestrong.com)



## Recipe: Mexican Cabbage Soup

**Servings:** 8

**Serving Size:** 1 1/2 Cups

**Calories:** 167 | **Fat:** 3.8 g | **Protein:** 6.5 g | **Carbs:** 27.1 g | **Fiber:** 8.7 g | **Sodium:** 408.1 mg

[Click here](#) for the recipe.

### Ingredients:

- 1 cup chopped celery
- 1 cup chopped poblano or green bell pepper
- 4 large cloves garlic, minced
- 8 cups sliced cabbage
- 1 tablespoon tomato paste
- 1 tablespoon minced chipotle chiles in adobo sauce
- 4 cups low-sodium vegetable broth or chicken broth
- 4 cups water
- 2 (15 ounce) cans low-sodium pinto or black beans, rinsed
- ¾ teaspoon salt
- ½ cup chopped fresh cilantro, plus more for serving
- 2 tablespoons lime juice
- Crumbled queso fresco, nonfat plain Greek yogurt and/or diced avocado for garnish

### Directions:

1. Heat oil in a large soup pot (8-quart or larger) over medium heat. Add onions, carrot, celery, poblano (or bell pepper) and garlic; cook, stirring frequently, until softened, 10 to 12 minutes. Add cabbage; cook, stirring occasionally, until slightly softened, about 10 minutes more. Add tomato paste, chipotle, cumin and coriander; cook, stirring, for 1 minute more.
2. Add broth, water, beans and salt. Cover and bring to a boil over high heat. Reduce heat and simmer, partially covered, until the vegetables are tender, about 10 minutes. Remove from heat and stir in cilantro and lime juice. Serve garnished with cheese, yogurt and/or avocado, if desired.

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