

AVOID COLDS

1. Wear a sweat suit whenever you're not actively engaging in practice.
2. Take a shower after every practice. The shower should not be too hot; and on the day before a meet it should be short and snappy.
3. Make sure the hair is thoroughly dry before going outdoors.
4. Establish regular bowel movements.
5. Drink plenty of water during the day, but very little, if any, during a workout or meet.
6. Eat a well-balanced diet with plenty of fruit.
7. Get nine to ten hours of sleep daily in a well-ventilated room.
8. Keep equipment clean. Change socks, towel, etc., every day if possible, and do not loan them to anyone.
9. Whenever you feel a cold coming on, drink plenty of juices and water, and get into bed as early as possible. A few hours of extra sleep may be all that is needed to ward off a cold. If you find that you cannot go to sleep, try drinking a glass of warm milk before retiring.