Staying fit and healthy — and helping prevent the need for physical therapy — can come in the form of many activities. Of course, in winter, that often can mean ice skating, hockey, skiing, and more.

“Symptoms of a TBI may not appear until days or weeks following the injury. A concussion is the mildest type. It can cause a headache or neck pain, nausea, ringing in the ears, dizziness, and tiredness. People with a moderate or severe TBI may have those, plus other symptoms:"

**Safety Tips for Winter Sport Activities**

1. **Proper Gear:** "Wear a properly fitted helmet that is appropriate for the activity. Helmets can go a long way toward preventing or reducing the severity of a TBI."
2. **Protect Your Head:** "Set a no hits to the head or other dangerous play rule for hockey and other contact sports."
3. **Education:** "Take lessons. If you’re going skating, skiing, or snowboarding, basic lessons will help you learn how to fall more safely and less often."