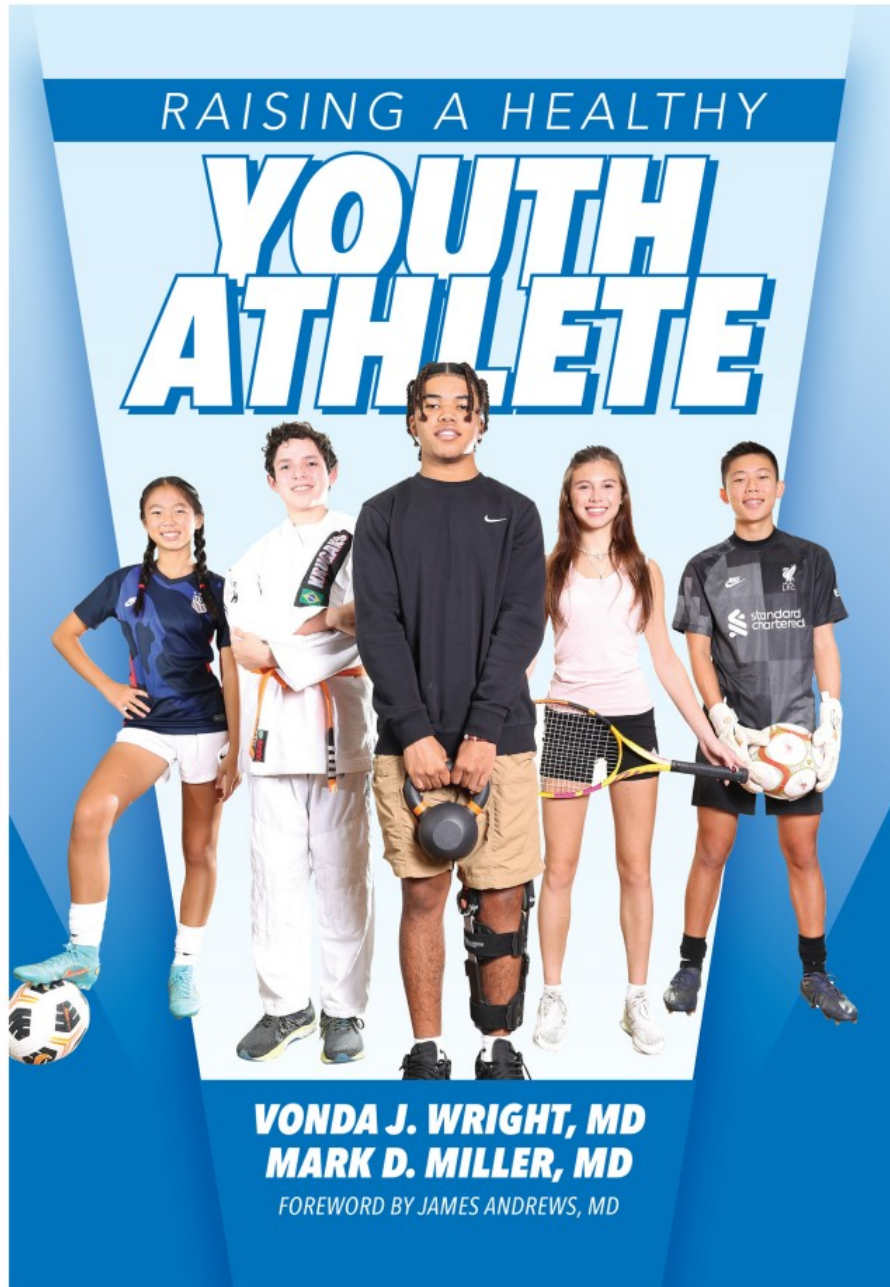


Raising a Healthy Youth Athlete

Renowned orthopaedic surgeons Drs. Vonda Wright and Mark Miller announce the release of their book, *Raising a Healthy Youth Athlete*



Monterey, California Oct 10, 2023 ([IssueWire.com](https://www.issuewire.com)) - *Raising a Healthy Youth Athlete* is a compelling resource, featuring science-backed recommendations, for parents, coaches, and athletes alike who want to help ensure that the experience of youth in sports is as positive and healthy as possible.

- What elements are involved in establishing a healthy foundation for youth athletes

- What are the key aspects of conditioning youth athletes safely and effectively?
- How youth athletes can properly fuel their bodies for competition
- How youth athletes can obtain the necessary amount of sound sleep
- How youth athletes can be resilient by adapting to their changing circumstances
- What steps can help prevent youth athletes from being injured

Kids are worth it...we can do better!

Millions of kids play sports growing up. In the process, they learn lessons and develop physical and mental resilience they carry with them throughout their lives. Millions of kids, however, quit sports due to overuse, injury, and burnout, as well as the fact that sports just aren't fun anymore. How do we, as parents, coaches, and clinicians, do better?

The health, joy, relationships, and even memories built through a lifetime of play and sports participation sets a pathway for personal and professional success in everyone—from the mere mortal talking about their heroic feats in high school sports to the superstar pros we all look to as models of physical prowess.

In their book *Raising a Healthy Youth Athlete*, nationally recognized orthopedic sports surgeons, team doctors, prolific authors, and educators Drs. Vonda Wright and Mark Miller share their collective career experiences in caring for young athletes.

This thorough, compelling roadmap details the latest in science-backed recommendations in training, physical and mental resilience, nutrition, and recovery, as well as provides a deep-dive reference for injury identification, prevention, and treatment. It is a helpful reference for anyone who cares for young athletes and can serve as a way to initiate meaningful conversations with clinicians on your sidelines.

The book is available on [HealthyLearning.com](https://www.healthylearning.com) and [Amazon](https://www.amazon.com).

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