Hello WINners!

Your dedicated efforts have contributed to the success of the Women’s Injury Study in the form of 6 papers published, 14 published abstracts from presentations, and 4 non-published presentations. The impact that you have made in the world of science has been disseminated in 9 cities across the United States and Canada in the form of 28 scientific presentations. Work has been published on a wide variety of subjects including Lumbar Spine Flexion, Internet Reporting, and Physical Activity Behaviors (see attached). WIN data are a wealthy source of relevant information used to recognize and address numerous questions that occur in society, particularly in women. Your support was a selfless demonstration that will have an impact on society.

We continue WIN research efforts looking at predictors of musculoskeletal injuries and the associated medical costs. Additional work is under consideration involving strength training activities. We look forward to potentially working with you again soon. Continue making a difference one step at a time.

Best Regards,
The Cooper Institute
WIN Staff

Published manuscripts:

Internet reporting of weekly physical activity behaviors: The Win Study

Lumbar spine flexion and extension extremes of motion in women of different age and racial groups: the WIN Study

Published abstracts:

Clinical Implications for Muscle Strength Differences in Women of Different Age and Racial Groups: The WIN Study

Long-term Tracking of Physical Activity Behaviors in Women: The Win Study

WIN research presented in:

*Baltimore
*Dallas
*Denver
*Indianapolis
*Las Vegas
*Montreal
*Seattle
*Toronto
*Vancouver BC

918 women; 1 goal

Number and Nature of 661 MSI Self-Reported by 918 WIN Participants

<table>
<thead>
<tr>
<th>Injury Type</th>
<th>Total Injuries</th>
</tr>
</thead>
<tbody>
<tr>
<td>Colliding, tripping, or falling</td>
<td>117</td>
</tr>
<tr>
<td>Contact object/person/animal</td>
<td>41</td>
</tr>
<tr>
<td>Motor vehicle</td>
<td>14</td>
</tr>
<tr>
<td>Came on gradually and worsened with PA</td>
<td>267</td>
</tr>
<tr>
<td>Came on suddenly with no apparent cause</td>
<td>206</td>
</tr>
<tr>
<td>None of the above</td>
<td>16</td>
</tr>
<tr>
<td>Total</td>
<td>661</td>
</tr>
</tbody>
</table>