

TIP OF THE MONTH



Are you Drinking Enough Water?

FLUID INTAKE IS ESSENTIAL TO GOOD HEALTH. Water is needed to regulate your temperature, maintain joint health and to deliver essential vitamins and minerals. Dehydration leads to impaired nerve and muscle function due to the imbalance of sodium and potassium

within the body. Brain and muscle function become impaired causing decreased muscle coordination and impaired athletic performance.

Early signs and symptoms of dehydration include headaches, dry mouth, chills, dry skin, excessive thirst, and fatigue. The color of ones urine is a good indicator of proper hydration. Improper hydration will cause your urine to become a dark yellow. Signs of worsening dehydration are increased body temperature, heart rate and body temperature. If you become confused, have vision disturbances and difficulty breathing, seek immediate medical attention.

Your risk of dehydration increases when you sweat excessively, increase your exercise intensity and duration, when the temperature is high and at high altitudes.

The American Council on Fitness suggests these guidelines for moderate to high intensity exercise:

- **Drink 17-20 ounces** of water two to three hours before the start of exercise.
- **Drink 8 ounces** of fluid 20 to 30 minutes prior to exercise or during warm-up.
- **Drink 7-10 ounces** of fluid every 10 to 20 minutes during exercise.
- Drink an additional 8 ounces of fluid within 30 minutes after exercising.
- **Drink 16-24 ounces** of fluid for every pound of body weight lost after exercise.

WOW THAT IS A LOT!! But it shows us how much fluid we can lose during higher levels of exercise and why it is so important to stay hydrated. It is very important to drink water before, during and after practices and games especially in the warmer months.

Many sports teams will weigh the athletes before and after practice to determine the amount of fluid lost. The recommended weight loss limit due to fluid loss is 2% of your own body weight per day. It is recommended that you drink 16-24 ounces of water for every pound lost. For more fun facts about how water affects your body, [click here](#).



PT&Me Featured Article:
[Summer Injury Prevention 101](#)

Call today to ask us how we can help you get back to enjoying the activities that are important to you!



“Be a pineapple: Stand tall, wear a crown, and be sweet on the inside.”

— Jacqueline Wilson

TELL A FRIEND

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

We will ensure that they will receive great care and have a positive therapy experience with us!

A RECIPE FOR YOU

Cream Cheese Chicken Rolls

This is an easy weekday meal that tastes great and pairs well with a side salad. For anyone watching their carb intake, this has the potential to be a fast favorite!



Ingredients:

- 8oz of cream cheese
- 1 small can of artichoke hearts – not marinated, chopped
- Thinly sliced chicken breasts – about 2 per adult
- 1 Salt and pepper to taste
- 8-15oz Can of tomato sauce
- Oregano
- 1 cup of shredded Mozzarella

Directions:

1. Preheat the oven to 375°F
2. In a small bowl, mix the cream cheese and artichoke hearts together
3. Lay out the chicken breast on a non-stick pan (you may need to spray the pan before use to prevent sticking) and put a healthy spoonful of the cream cheese mixture at the top of the chicken and roll down. Continue until all of the chicken breasts have been used
4. Salt and pepper the rolled chicken breasts
5. Cover the chicken with the tomato sauce and lightly top the sauce with oregano
6. Bake for 35 minutes, pausing about 5-10 minutes before completion to top the chicken with shredded mozzarella
7. Serve hot and enjoy!