

TIP OF THE MONTH

Hot Weather Exercise Tips

Staying active throughout the summer can be tough if you don't have access to an indoor gym. Don't let that ruin your workout routine. We have compiled a list of ways to beat the heat and stay safe during the hottest months of the year.



SET YOUR ALARM: Sunrise is generally the coolest time of day, so get up and get out early. It may be more humid, but it is generally still hot at sunset because the ground radiates accumulated heat.

HYDRATE: It is recommended to drink at least eight ounces of liquids prior to heading outside to exercise and 6-8 ounces of fluids every 15 minutes, switching between water and an electrolyte drink. Remember to drink plenty of fluids post exercise to speed recovery.

PROTECT: Use sunscreen to protect your skin and prevent sunburn.

ACCLIMATIZE: It is advisable to gradually build up your tolerance for exercising in warmer conditions.

WEAR TECHNICAL FABRICS: Technical fabrics wick sweat from your body to keep you cool. Also, wear a visor to keep sun out of your eyes, not a hat, which traps the heat.

SLOW DOWN: For every 5 degree rise in temperature above 60 degrees F, slow down your activity intensity by 5%.

BE REALISTIC: Do not overestimate your level of physical fitness; set realistic exercise goals.

All of these tips are important, but if you are only going to remember one, make sure that it is to stay hydrated. Don't rely on thirst as a signal to drink water. Thirst is actually a sign that the body is under stress and by the time you feel thirsty, dehydration has already begun to set in. Other symptoms of dehydration include dry mouth, irritability, headache, weakness, dizziness, cramps, nausea and fatigue. Even mild dehydration can lead to diminished performance, elevation of core body temperature and increased cardiovascular strain. To find out how much water is recommended during your workout, [click here](#).



PT&Me Featured Article [Physical Activity for Arthritis](#)

Long gone are the days when health care providers told people with arthritis to "rest their joints." In fact, physical activity can reduce pain and improve function, mobility, mood, and...[more](#)

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



"The strength of a nation lies in the homes of its people."

— Abraham Lincoln

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!

Shrimp Avacodo

This recipe comes to us from our friend Deb. This is a nice light meal for a hot summer day.



Ingredients:

- 4 large avocados – pitted and halved
- 1 small onion – finely chopped
- 1 pound small boiled shrimp – peeled and deveined and cooled
- 2 celery stalks – finely chopped
- Miracle Whip
- 1 small head of lettuce – chopped
- Salt and pepper to taste

Directions:

1. Combine the shrimp, onion, celery and Miracle Whip; salt and pepper to taste.
2. Set in the refrigerator for an hour or two to marinate.
3. Lay the chopped lettuce on a plate.
4. Top with 2 halves of avocado.
5. Top with the shrimp mixture and serve cold.