



TIP OF THE MONTH

Staying Hydrated in the Summer Heat

Fluid Intake is Essential to Good Health. Fine Water regulates temperature, maintains joint health, and delivers essential vitamins and minerals to the rest of the body. The risk of dehydration increases when you sweat excessively, increase your exercise intensity and duration, or when the temperature is high and at high altitudes.

Headaches, dry mouth, chills, dry skin, excessive thirst, and fatigue are early signs of dehydration. Dark yellow urine is also a sign of dehydration. As it worsens, symptoms may include increased body temperature, heart rate and blurred vision.

How much water do you need to stay hydrated?

On a normal day:

According to the [National Academies of Sciences, Engineering and Medicine](#), the amount needed varies.

- **Men** - 3.7 liters per day
- **Women** - 2.7 liters per day

This covers water you receive from all sources - including the foods you eat. Most people can easily reach this amount in their daily eating and drinking habits.

On a hot summer day:

When you're active outside, the amount increases. The [CDC recommends](#) 1 cup every 15-20 minutes - about 1 quart an hour. Drinking in short intervals is more effective than drinking large amounts infrequently.

When you Workout:

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

- Drink 17-20 ounces of water 2-3 hours before working out
- Drink 8 ounces of fluid 20 to 30 minutes before exercising or during the warm-up.
- Drink 7-10 ounces every 10 to 20 minutes during exercise.
- Drink an additional 8 ounces of fluid within 30 minutes after exercising.
- Drink 16-24 ounces 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 heat. Use this guide to get enough water before, during and after practices and games especially in the warmer months.

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



“Talk to yourself like you would to someone you love.”

— Brené Brown

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

Homemade Frozen Yogurt

No ice cream maker is needed here! This is an easy delicious treat to enjoy this summer!

[Click here](#) for the original recipe and fruit variations:



INGREDIENTS:

- 6 cups of frozen fruit
- 3/4 cup vanilla Greek yogurt
- 1 tsp vanilla extract
- 3 T honey

DIRECTIONS:

1. Blend everything in a food processor until you have a nice even texture
2. Freeze for 3 hours for a harder texture - and enjoy!



Featured Article: [Hot Weather Exercise Tips](#)

As the temperatures continue to rise, we have decided to put together a few hot weather exercise tips to consider while staying active and for staying hydrated through the summer. [More...](#)