



TIP OF THE MONTH

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 hydrated through the summer.

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. Don't rely on thirst as a signal to drink water. Thirst is a sign that the body is under stress. By the time you feel thirsty, dehydration has already begun. Even mild dehydration can lead to diminished performance, the elevation of core body temperature, and increased cardiovascular strain.

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 the 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%.

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

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

If the outside temps get too hot, look for opportunities to your routine indoors or consider working out at the pool. Let us know if you need help finding an exercise routine that works for you. We are happy to help!

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



“The summer night is like a perfection of thought”

— Wallace Stevens

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!



HOW MUCH WATER DO YOU NEED TO STAY HYDRATED?



PT&Me Featured Article:

[How Much Water Do You Need to Stay Hydrated?](#)