



TIP OF THE MONTH

Are You Drinking Enough Water?

Staying hydrated is one of the easiest ways to support your health, but many people don't realize that hydration needs are different for everyone. While the "8 glasses a day" rule is a good starting point, the [amount of water you really need](#) depends on factors like your gender, age, [activity level](#), and even the [weather](#).

Water does much more than quench your thirst. It helps regulate body temperature, lubricates joints, transports nutrients, and supports healthy muscles and brain function. Even mild dehydration can leave you feeling tired, dizzy, or unfocused and may affect your physical performance.

A simple way to monitor your hydration is by checking the color of your urine. Pale yellow usually means you're well hydrated, while darker yellow can be a sign it's time to drink more fluids. **Signs of worsening dehydration are increased body temperature and heart rate. If you become confused, have vision disturbances, and have difficulty breathing, seek immediate medical attention.**

Remember, water isn't your only source of hydration. There are some [great food options with high water content](#).

Whether you're spending time outdoors, exercising, or simply tackling a busy day, keeping a water bottle nearby can help you stay on track.

Hydration is an important part of keeping your muscles and joints working their best. If you're dealing with aches, pains, or recovering from an injury, physical therapy can help you move more comfortably and get back to doing what you love.

EXERCISE OF THE MONTH

Squats

A squat is a functional exercise that engages the core and can improve balance as well as your metabolism.



Stretch/Exercise of the Month:
SQUATS



CONCUSSION TREATMENT AND WHAT TO EXPECT



Featured Article: [Concussion Treatment & What to Expect](#)

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



"The world is full of magic things, patiently waiting for our senses to grow sharper." — Yeats

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

Easy Chinese Egg Rolls

These easy homemade egg rolls are a crispy, flavor-packed dinner idea, filled with savory turkey, cabbage, and seasonings for a takeout-inspired meal at home.

Original recipe: [Justapinch.com](https://justapinch.com)



INGREDIENTS:

- 1lb ground turkey
- 1 small white onion – finely chopped
- 1 T minced garlic
- 1 tsp ginger in a tube
- Salt & pepper
- 1 T oyster sauce
- 5 cups cabbage/ coleslaw mix
- 15 egg roll wraps
- Avocado oil spray (if air fryer)
- Or 1 quart oil (if pan frying)

DIRECTIONS:

1. On Medium heat, oil a large pan and sauté onions
2. Add the ground turkey and cook until done
3. Add the garlic, ginger, salt, and pepper; stir well, then stir in oyster sauce until combined
4. Add the cabbage and mix in until the cabbage is your desired texture
5. [Roll up the egg rolls](#) with 2 tablespoons of filling each
6. If using an air fryer: Set it to 370° and cook for 9-10 minutes total, flipping halfway through.
7. If using a pan: Heat oil to 355° and cook until golden brown
8. Place on a paper towel, serve hot, and enjoy!