



# ACTION

## PHYSICAL THERAPY & SPORTS MEDICINE

# STAY HEALTHY THIS SUMMER

### Timing is Everything

Louisiana is hot and humid - a horrible combination. Avoid peak sun hours and aim for earlier AM or later PM hours when performing outdoor activity and exercise. If you must be active midday, TAKE lots of BREAKS in the shade.

### Hydrate

Waiting til you're thirsty is NOT the proper means of hydrating. Begin hydrating long before you intend to exert yourself, go outdoors and sweat. Water is key. Heavy sweating indicates you are dehydrating. Drinks with electrolytes will help replenish lost minerals and prevent muscle cramps.

### Your body "speaks"

Listen and react to the signs of overheating - dizziness, nausea, heavy sweating, increasing heartbeat. Any of these symptoms should clue a body to stop activity, find a cool spot to sip hydrating liquids. Heat-related illness will creep up on anyone, fast!



## The Role of P.T. in Summer

If you're recovering from an injury or managing a chronic condition, the heat can affect your endurance and joint comfort. Our team of therapists at Action PT can help you adapt your routine and recommend safe ways to stay active all summer long.

Contact us. We work with all major health insurance carriers, and as recently announced, we now offer earlier appointment times.

**Rise <sup>AND</sup> Shine**

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**Mondays - Thursdays: 7 am - 5 pm**  
Closed for lunch from noon til 1:00 pm

**Fridays: 8 am - 12 noon**

**Announcing NEW HOURS!**



(Continued from previous page)

### Dress Smart

Choose light, breathable fabric, light colors. Moisture-wicking textures will help you stay cooler and dry outdoors this summer. Hats and UV protective gear (often built-into clothing nowadays) will give further protection from Louisiana weather.

### Be Flexible

Some days are hotter than others - or more humid. Be prepared to scale back your intensity or intent to complete projects when this happens. The body works hard to regulate temperature, so be smart and slow your pace when necessary. Take breaks. Find shade. Hydrate. If needed, modify your workout in order to stay safe from summer's brutal heat.

## THIS OR THAT?

If you plan to be outside on high-heat days, it's a good idea to wear clothing and accessories that can help you keep cool.



In general, light-colored clothing is better.



Dark colors are more likely to absorb heat.



Lightweight, loose-fitting clothing helps air flow over your skin.



Heavyweight clothing and fabrics are more likely to trap heat.



Baseball caps only provide shade for your face.



A hat that has a wide brim all around helps shade your face, ears, and neck.

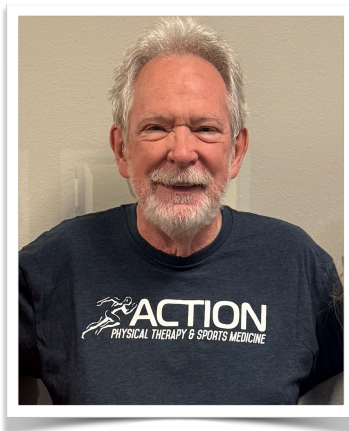
## Best forms of Hydration

According to Healthline.com, here are the best forms of hydration (in no particular order) on the market today:

- Coconut water
- Cow's Milk
- 100% Fruit Juice
- Smoothies
- Electrolyte-infused water
- Sports Drinks
- Pedialyte
- Electrolyte tablets in bottled water

Each has its own benefits and primary electrolytes - the minerals that conduct an electrical charge when mixed with water. They help regulate a variety of your body's most essential functions, including: nerve signaling, pH balance, muscle contraction, and hydration, of course.

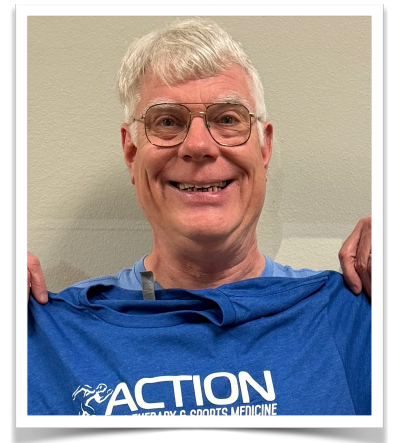
Though pre-hydration is key, any combination of the listed forms of hydration may help you rehydrate after intense exercise. They can assist in recovering from heat exhaustion, bouts with diarrhea or vomiting (all heat illnesses that happen when not listening to the signs that your body).



**MR. AL**



**SANDRA**



**JIM**



Action PT offered our gratitude to Christina Mamolo this month on the second anniversary with our work family. She will be taking a short hiatus this summer from our gym, but will return in August. Enjoy your summer!

In recognition of Memorial Day, we extend our gratitude to all who defended our great nation. We are very proud to serve active military and veterans at Action PT. WE HOPE YOU TOOK TIME TO HONOR OUR HEROES THIS MEMORIAL DAY!!



Before our next newsletter reaches you, we'd like to honor another group of heroes..

## HAPPY FATHERS' DAY !!

