



# Let's Drink To Summer!

Ways to stay hydrated when it's hot



Summer is here and we are all pretty excited about it! Summer means warmer, longer days and many opportunities to exercise and be active. Keeping ourselves in a state of proper hydration is very important with summer activities. Whether working for a personal best in a running race or just being able to comfortably enjoy summer activities, we are more likely to reach our goals and avoid heat related problems if we pay attention to the amount of fluid that is in our bodies, and do everything we can to maximize our state of hydration for optimal body function.

## Why is Hydration Important:

Scientists have determined that about 70% of our body's weight is in the form of water. Most of that water will be found in our blood. When we are dehydrated, our blood volume decreases. As blood volume decreases, vital body functions are compromised. Though it is possible to consume too much water, many of us will often find ourselves in a relative state of dehydration. This is especially true when we are exercising in a warm environment. Trying to keep up with the amount of fluid we are losing through sweat can be difficult. This can lead to heat stress, heat exhaustion and in extreme cases, heat stroke, which can be a life threatening condition.

## What Does "Prehydration" Mean:

Prehydration involves the things that we do leading up to the day of an event. Part of this strategy involves what we "do", and part of it involves what we "don't". The "do" part includes such simple things as drinking extra

water, and eating foods with a high water content, such as fresh fruits and vegetables. (This is also a good way to ensure that we are getting our vitamins). The don't part involves avoiding *diuretics*, substances that will actually draw water *away* from our body as they are processed. Two major diuretics are alcohol and coffee. Avoiding or at least minimizing our consumption of these products in the days and hours leading up to the big race or a day of fun in the sun can be a great way to increase fluid volume and make our activity more enjoyable.

## The Day of the Event:

Loss of fluid while we are active is unavoidable. It is difficult to consume enough water to totally replace what we will lose through sweating, particularly on a hot and humid day. At some point, our body will tell us it needs water by making us thirsty. Unfortunately, if we wait until that point it may be too late. In addition to prehydration, consuming fluid at regular intervals is very important, particularly in the early stages of a long event. Use of hydration packs, such as Camelback packs, are a convenient way to bring water with us, and make it easy to consume water, especially while we are still participating in our chosen activity. In addition, use of sports drinks, such as Gatorade, etc. can be helpful to replace vital electrolytes lost in sweat as well as source of fluid for the body.

We've included some healthy hints that will help keep you and your family healthy and hydrated this summer. So go out, have fun, be safe, and have a drink... of water!

**Q: How much water should I be drinking per day?**

**A:** A good rule of thumb is to consume a measure 1/2 of your body's weight in ounces. For example, a man weighing 240 lbs should consume 120 ounces of water per day.

**Q: Is water better than Gatorade or other sports drinks?**

**A:** A combination of plain



water and sports drinks is probably ideal. Water will replace fluid loss but does not contain carbohydrates or electrolytes. Sports drinks will provide these for our bodies, but often will leave an

aftertaste that can be eliminated by drinking plain water.

**Q: How can I tell if I am dehydrated?**

**A:** The best way to self evaluate your state of hydration is to look at your urine. Dark, cloudy urine is often an indicator of dehydration. Clear, light colored urine is typically a good indicator that you are properly hydrated.

## Graduate of the Month

Ernie has been a Body Awareness patient since July of 2006. His injury started as a frozen shoulder, which later resulted in surgery to help him with his lack of mobility.

Recently retired, Ernie was a patient in both our Costa Mesa clinic, as well as our San Clemente clinic. Always smiling and upbeat, Ernie was a friend of

everybody on staff. Here is what Ernie had to say about his experience at Body Awareness.

*When I got my frozen shoulder, I could not get my belt on due to my left arm not being able to go behind my back. After going to physical therapy with Chrissie, I improved 100% and am now able to get my arm behind my back... something I thought was never*

*going to happen again!*

*-Ernie Olivarez*



## Receive The Body Beat by Email!

If you would like to receive **The Body Beat** by email you can now sign up on our website to receive our quarterly newsletter in your email. Soon we will also add monthly health tips to our online subscription to help you

stay on track throughout the year. We've made some other exciting changes to our website, including a Pilates Photo Gallery and lots of new information. We look forward to receiving

**Check out our newly updated website!!**

your feedback on the new and improved website and **The Body Beat**.

[www.BodyAwarenessPT.com](http://www.BodyAwarenessPT.com).

Any Questions about what you've read? Give us a call directly at (714) 546-7575 in Costa Mesa, (949) 366-3362 in San Clemente or visit our website at [www.BodyAwarenessPT.com](http://www.BodyAwarenessPT.com)

# Community Corner

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## Here is what our patients have to say!

- You exceeded my expectations for physical therapy. I now feel back to normal strength! - P.H.
- When I got my frozen shoulder I could not get my belt on due to my left arm not being able to go behind my back to put the belt through the loops. After going to physical therapy I improved 100 % and I am now able to get my arm behind my back and put my belt on... something I thought was never going to happen again! - E.O.
- My physical therapist got me on the path of recovery, he was right on target and thanks to his magic hands and exercise program the pain backed off and I'm much stronger, and no more headaches! - V.F.
- Since I have been a patient here for three rounds of physical therapy I feel I am qualified to say BAPT cares about their patients and it shows in the treatment we are given. I can function better with less pain. Thank you again! - R.D.
- At Body Awareness Physical Therapy I became educated on my condition because of the knowledge of the staff. This had a tremendous impact on my psyche and helped me cope with the pain while I recovered. Understanding how my body was interacting between nerve and muscle was a huge benefit. You got me well so that I could sleep at night pain free. What more can I say but Thank you! - M.M.

## Win a Pair of Movie Tickets!

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**The first 5 people that call in with the correct answers will win a pair of movie tickets from Body Awareness!**

**Unscramble these 10 words from this edition of the Body Beat.**

1. SRECYTELOTEL
2. YROTHIAND
3. URDCEIIST
4. RELAEMWOTN
5. NCICPI
6. HSOAUTIXNE
7. SECIXERE
8. AWAT EHVE
9. ALASDS
10. MURMES

**Call (724) 546-7575 or (949) 366-3362 with all 10 correct answers to get your movie tickets!**

**Good Luck!**

**Please, only one call per household**



## *Body Awareness* *Physical Therapy*

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# Hot Weather Healthy Hints:

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- ***Drink cold water when possible:*** Drinking ice water introduces something cool into the core of our bodies, helping to keep our core temperature under control.
- ***Use water in other ways to keep yourself cool:*** Towels kept in ice water can be placed over the head and neck, helping to minimize fluid loss through sweat. Jumping into a pool or even the ocean can be a great way to keep cool and can help with recovery from working out in the heat.
- ***Use sunscreen:*** As well as protecting us from harmful UV-rays, sunscreen can help minimize heat absorption into our bodies.
- ***Wear moisture wicking clothing:*** This will maximize cooling through evaporation. Cotton clothing should be avoided as it tends to hold moisture in, reducing the effectiveness of evaporation.
- ***Plan activities for the coolest time of day:*** Working out early in the morning, in the evening, at the beach or even just in the shade is a great way to keep ourselves cool and hydrated.