



# Harbor Physical Therapy Newsletter

## Summer 2020

Publication brought to you by Harbor Physical Therapy, Baltimore, MD



### Achieving Summer Fitness Goals Safely

As we are approaching summertime, the motivation to achieve your summer fitness goals increases as the weather keeps getting warmer. Due to COVID-19, reaching those goals are more challenging due to lack of equipment, gyms, and in-person fitness classes. Check out these HPT tips below that will help guide you to achieve your summer fitness goals.

#### Daily Exercise

1. Benefits – The increased blood flow raises the oxygen levels in your body. This helps lower your risk of heart diseases such as high cholesterol, coronary artery disease, and heart attack. Regular exercise can also lower your blood pressure and triglyceride levels.
2. How Often Should I Work Out? – The average ideal workout out frequency is 30 minutes per day or 75 to 150 minutes per week.



#### Nutrition

1. Carbohydrates– One of the most important sources of nutrients are carbohydrates, these are especially needed when you are performing tough workouts to build muscle.
2. How Can I Gain Weight? – To gain weight, eat more calories than your body burns. Aim for at least 300 - 500 calories per day above your normal intake.
3. How Can I Lose Weight? — To lose weight, calculate how many calories you consume in a day. After finding out the number of calories you consume in a day, eat 500 calories less than your typically consumption.



#### Recovery

1. Why is recovery important? – The body adapts to physical stress of the performed exercise. Recovery replenishes energy stores and repairs damaged tissues.
2. How often should I recover? – When performing a strength training workout, wait 2 to 3 days before working the same muscle group again. The same cardiovascular exercise can be performed daily; however, it is ideal to switch up your cardiovascular exercise to continue to challenge your cardiovascular endurance.

### Training Facility Safety Tips

As COVID-19 evolves, public exercise venues are slowly beginning to open. As you start to return to exercising around other people, please follow these safety guidelines to decrease spread of COVID-19.

1. Wash your hands before and after working out.
2. Wear a mask if unable to be 6 feet apart.
3. Wear shoes in the locker room.
4. Wipe down all equipment after use.
5. Clean your workout clothes and shoes after each use.



### Summer Health Challenge

The weather is starting to heat up!

Here at Harbor Physical Therapy, we're all about living a healthy lifestyle.

We Challenge you to stay hydrated!

The recommended amount of water you should drink is eight 8-ounce glasses a day.



HPT is **OPEN**

for

**In-Office & Virtual Appointments**

*What is a virtual appointment?*

A virtual physical therapy appointment is a one-on-one session with you and a HPT physical therapist. During a session, we observe your movement patterns through video technology. We can draw accurate conclusions as to what limitations you are having, and prescribe movement strategies to take away your pain and improve your function.



Harbor Court Office Building  
575 South Charles Street, Suite 201  
Baltimore, MD 21201

We're on the web!  
[hpt.machtmedicalgroup.com](http://hpt.machtmedicalgroup.com)

Phone: 443-524-0442  
Fax: 410-752-8430  
Email: [info@machtmedicalgroup.com](mailto:info@machtmedicalgroup.com)