



Electrolyte Essentials

With temperatures and humidity on the rise, there is inevitably going to be a lot of sweat happening. While we all know that it is important to drink enough water, what some people don't know is that sometimes water isn't enough to keep us hydrated. When we sweat, we aren't just losing water, we are also losing electrolytes.

Electrolytes are essential minerals in the body that help maintain the body's internal functioning (keeping a proper pH balance and ensuring proper nervous system function), keep our muscles performing properly, and ensure adequate hydration. Sports drinks are commonly used to help replenish electrolytes, but make sure that your sport drink of choice (or other electrolyte solution) isn't high in sugar. Although more sugar makes the drink taste better, it won't be as helpful in keeping you hydrated.

Not a sports drink fan? No problem, there are alternatives to getting back those lost minerals. Fruits and veggies that are high in potassium, potassium and magnesium are good go-tos. And while sodium (salt) is also something we need to replenish after sweating, don't reach for a bag of chips, but rather have a handful of nuts or a small bowl of pretzels.

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Some FYI's about your NPP

- Buy brand specific insurance
- Go for NPP ID#
- Do NOT use insurance on babies less than 6 months
- NO insurance is reimbursement paid, only "instant"

Source: National Association for Consumer Research

Looking to get into
Prehabilitation Program?...

Don't forget to make up
before starting to walk legs.
There are some great resources
on this for before you jump
into the pool.

1. Sports
2. Air Straps
3. Goggles
4. Jumping Hoop

After swimming, don't forget
to perform water stretches.
There are the major muscle
groups you want to stretch.

1. Hamstrings
2. Pectorals
3. Shoulders



Beat the Heat

(What to know about common heat-related illnesses)

Heat Cramps

- Heavy sweating during high-level exercise
- Muscle pain under repetitive motions

What to do:

- Stop activity and move to a cool place
- Replenish with water under repetitive motion

Heat Exhaustion

- Heavy sweating and mild pain, dizziness, etc.
- Flat but weak pulse
- Fatigue

What to do:

- Move to a cool place and get wet (shower or bath)
- Hydrate
- Call 911 if symptoms worsen

Heat Stroke

- Body temperature of >104
- Hot, red, dry or damp skin
- Flat and strong pulse

What to do:

- Loss of consciousness
- Call 911
- Place in a cool bath
- Do NOT give the person anything to drink

Source: Center for Disease Control and Prevention