



Harbor Physical Therapy Summer Newsletter

Sun,
Sun,
Sun!

Truth

- SPF 50 protects the same as SPF 100.
- Certain medications can increase the sun's sensitivity.
- The sun's rays are strongest between 10am and 2pm.
- Broad spectrum sunscreen provides the best protection.

Myth

- Sunscreen can be waterproof.
- All sunglasses provide the same protection.
- You don't need to reapply if you haven't gotten wet/sweated.

Hydration Station

- If you are thirsty, you are already dehydrated.
- Not everyone requires the same amount of water per day.
- Your urine should be a pale (almost clear) yellow color.
- Water isn't always enough; be sure to replenish those electrolytes.

Summer in B'More

A little something for everyone!

- Yoga at the Zoo
- Waterfront Wellness Series
- Yoga at Mt. Vernon (City Fit)
- Skateparks
- Jones Falls Trail
- Cylburn Arboretum
- VOLO Sports
- Kayak Tours
- Paddleboats
- Paddleboarding
- Waterfront Parks

<https://baltimore.org/events/things-to-do-in-baltimore-this-month/>

Contact Us!

575 S Charles St. Suite 201
Baltimore, MD 21201
Phone: 443-524-0442

Website: hpt.machtmedicalgroup.com

