

THE Spinal COLUMN

Life is better when you're aligned!



TOP 5 TIPS TO STAY HEALTHY THIS SUMMER



The month of June is upon us and we will officially enter the summer season. Not only will we usher in warmer weather, but a myriad of celebrations and events. We celebrate and recognize fathers across our nation with bar-be-ques and outdoor fun. Festivals, tournaments, and outdoor concerts will invite communities together. Families will enjoy fishing, sports, picnics, hikes, camping, and other outdoor activities.

With calendars and itineraries already filling up, there is one thing that we absolutely do not have time for this season: Illness & Injury.

It's important to be present in all that June and beyond has to offer. So how can you ensure that you aren't sidelined this season?

HERE ARE A FEW STEPS TO KEEP YOUR BODY HEALTHY, ALIGNED, AND MOVING!

STAY ACTIVE

There's no time like the present to develop a great fitness routine! This doesn't mean you need to become a powerlifter or fitness guru (unless you really want to!). But consistent and regular exercise helps keep your muscles and joints moving. It

contributes to weight loss/maintenance, helps support good heart health, and promotes overall body wellness to keep you active longer.

With the summer season comes hotter daytime hours. Consider adding a morning or evening routine to your daily schedule during times when the heat is less intense. If exercising outside, find a shady spot and drink plenty of fluids to keep your body hydrated.

STAY HYDRATED

This brings us to our next tip: stay hydrated. Staying hydrated is something that we as humans struggle with often. According to the lay press, 75% of Americans are chronically dehydrated. When coupled with the summer heat, this can lead to terrible results.

Make a conscious effort this season to drink water consistently. If you feel thirsty, you're already behind on your fluid intake. When working in the heat, the CDC recommends drinking 8 oz. of water every 15-20 minutes. Drink water in short intervals rather than large amounts all at once for best results. Be sure not to drink more than 48 oz. in a one-hour period, as this can actually result in too much water intake.

But don't just drink water while working or playing in the sun. Be sure to continue your water intake throughout the day. While sports drinks and other drinks with added sugars may seem appealing, eating regular healthy meals will help you replace exactly what your body needs that you lost sweating in the summer sun.

STAY PROTECTED

Nothing takes the fun out of a great day outside like the burning sensation of a sunburn! Enjoy the great outdoors, but always be sure to apply sunscreen before you go outside. Your body can take up to 30 minutes for sunscreen to absorb and become fully beneficial, so plan ahead! Apply sunscreen liberally to the body that will be exposed to sunlight. Don't think that just because the weather is cloudy that you aren't at risk.

DID YOU KNOW?

There are more nerve cells in the human brain than there are stars in the Milky Way. If we lined up all the neurons in our body it would be around 965 km long. There are 100 billion neurons in your brain alone. A newborn baby's brain almost triples in size during the course of its first year.

Choose an SPF of 30 or higher. For those with light complexions or tendency to burn easily, you may wish to go with an even higher SPF. Keep in mind that sunscreen with SPF 30 will protect you from around 96.7% of UVB rays, while an SPF of 50 means protection from about 98% of UVB rays.

Don't forget to protect your eyes. While outside, be sure to wear sunglasses to keep your eyes safe. You may also consider a sunhat to keep your body from additional exposure.

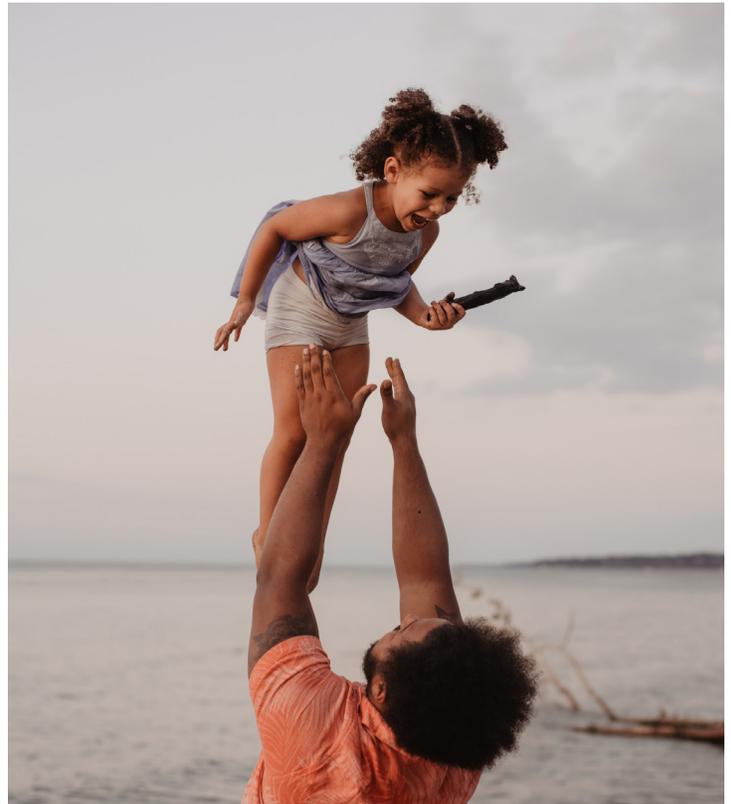
STAY BALANCED

Warmer weather means more healthy foods to choose from. Use this to your advantage and enjoy a healthy, well-balanced diet this summer. Make plans to visit the local farmers market or fruit & veggie stand. Enjoy produce ground in your own garden at home. With all the summer activities your body will thank you!

A healthy diet helps give you lasting energy, provides your body of the nutrition that you need to perform your best, replenishes what you lose when you sweat, and will help you feel your best this summer.



But don't just balance your food. Balance your energy. While it may be tempting to pack your summer schedule with every event under the sun, make sure you also take time to relax and reenergize your body. This helps reduce burnout and stress, and allows you more energy to do the activities you enjoy.



STAY ALIGNED

Don't be sidelined this summer from your favorite activities. Back pain, migraines, headaches, neck pain, IBS (irritable bowel syndrome), digestive disorders, and injury are just a few of the common reasons that summer plans can get cancelled.

But there's good news! Regular, proactive visits to your Upper Cervical Chiropractor can prevent injury, decrease pain, and ensure your body is functioning as intended.

Don't wait! Today is the day to call schedule your appointment so you can be ready for all the summer fun!



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