



HELLMAN THERAPEUTICS

Summer Hydration

Hydration is a 365 days a year proposition. As we approach our summer's increasingly high temperatures here in the Valley of the Sun, Hydration becomes imperative for our bodies to operate efficiently.

Clients ask how much should they drink each day. I answer at minimum half your body weight in ounces. Example: If you weigh 150 lbs drink at least 75 ounces per day. When exercising add another 20 oz per hour of work out. Your body can absorb 20-25 ounces per hour and properly function.

An important concept is to begin each day taking in 8 to 16 ounces after waking. Continue taking in more water each hour as you feel comfortable. Remember drinking in hourly increments throughout the day is most beneficial for your body. This allows the bodies organs, muscles and other bodily systems to function most efficiently.

Soda contain some form of sugar and possible caffeine and does not hydrate you. Coffee and tea contain caffeine. Caffeine is a diuretic. Alcohol dehydrates you.. If you consume some form, remember to have water in between to counter balance the dehydrating properties.

Lastly, Water is your best source of Hydration period end of story. Take care and love the body you have.

Hydrate and let **Hellman Therapeutics** take care of you.

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Flexibility Coach

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