

SPORT & SPINE SPECTACULAR

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PLAYING IT SMART

These last few weeks of hot weather have had us all sweating. It's hard to keep up an exercise routine when it's very hot out, but it can be dangerous if you're not taking proper care of yourself. Here are some things to remember if you're going to be playing outside this summer.

- A sweating body needs fluids to maintain blood volume, so drinking water or sports drinks before, during and after exercise is vital. With dehydration, blood volume decreases and the heart must work harder. During summer exertion, blood volume may drop by as much as 10%.
- Skip outdoor exercise in extreme humidity, which keeps sweat from evaporating to cool you off.
- Wear a hat and use sunscreen. Sun-burned skin does not sweat properly.
- Learn to recognize symptoms of heat illness. General warning signs include headaches, muscle cramps, nausea, vomiting, fainting and loss of coordination. Getting to a shaded or air conditioned area and shedding excess clothing and gear should be the first step if experiencing symptoms. Heat stroke is the most severe form of heat illness. It can occur even in people who are not exercising, if the weather is hot enough.

By playing it smart, we don't have to let the sun keep us inside, and we can stay safe at the same time. Enjoy the summer weather!



E-NEWSLETTER

Sport & Spine Spectacular is now available online at www.sportspine.com/ewsletter_signup/index.php (Requires Adobe Reader)



FEEDBACK

What do you think of the Sport & Spine Spectacular? Tell us! We have a survey available online. We appreciate your opinion!

E-mail abarrett@sportspine.com to receive our newsletter in your inbox!

HAPPY BIRTHDAY SPORT & SPINE!

Sport & Spine is 6 years old! To celebrate our 6th birthday. Sport & Spine is offering a contest to our patients. For all our patients who have appointments scheduled from July 9th through July 13th: if you keep every appointment you have scheduled —meaning **no reschedules, no-shows, or cancellations** — you will be added to a drawing to WIN a \$100 gift card from Midtown Foods AND a \$100 gift card from Gordie's Amoco! Your name will be automatically added to the drawing for each appointment you have scheduled that week, but it will only be added after you come in. The appointments you make are important to your recovery and we want you to get better. We'll see you next week!



STAFF NEWS

WELCOME HEIDI!

Sport & Spine is pleased to welcome our new Communications Coordinator, Heidi Evenson. Originally from the Twin Cities, Heidi has lived in Winona for 20 years. She and her husband Dave have three kids and a dog. Heidi is very involved in her kids' sports, including gymnastics, baseball, football, and karate, which Dave also teaches. Welcome, Heidi and good luck!

GOOD LUCK DAVE!

After one and a half years at Sport & Spine, Dave Echelmeyer is leaving us. Dave is originally from St. Louis, Missouri, and in late June he and his wife and family returned there. We'd like to thank Dave for all his fantastic work here at Sport & Spine and we wish him the best of luck in his new job. You will be missed!

FITNESS DRINKS: THE SCOOP

Everyone knows that drinking water is good for you, but what about “better than water” beverages? Here are some pros and cons of energy and sports drinks and fitness waters.

Energy Drinks: Red Bull, Monster, Rock Star

Pros: If you love caffeine, an energy drink can be an alternative to coffee in the morning or for an afternoon pick-me-up. The amount of caffeine in one serving of an energy drink is about the same as in one cup of brewed coffee.

Cons: Calories. While one cup of black coffee has minimal calories, an energy drink can contain 100-130 calories for every 8-ounce can.

Sports Drinks: Gatorade, Powerade

Pros: Given a choice between water and a flavored sports drink, most people will not only go for the Gatorade, they will drink more of it, preventing dehydration. The added carbohydrates from sugar also help prevent muscle fatigue and encourage greater performance.

Cons: Again, calories. Sports drinks will do more harm than good if your sports plans include the TV rather than the track. While sports drinks have about half the calories of juices and soft drinks, they add up faster than you’d think.

Thanks to Lynn Grieger, RD, CDE, diet.ivillage.com

Fitness Waters: Reebok Fitness Water, Glacéau VitaminWater

Pros: If you don’t want plain water, fitness waters are a good alternative. They contain artificial sweeteners and won’t give you a lot of unwanted calories or sugar.

Cons: Many fitness waters contain extra vitamins and minerals which could make you exceed your daily nutrient needs, especially if you take a multivitamin. Also, the low carbohydrate content won’t give you much extra energy during a workout.

Of course, the goal of all beverages is to **keep you hydrated!**

FUN FACTS: BBQ!

It’s July and the grills are firing! Everyone loves a good barbeque, and here are a few interesting things about when and what we grill:

- The most popular days for barbequing are July 4th (75%), Memorial Day (65%), and Labor Day (55%)
- The most popular foods to toss on the grill are hamburgers (87%), steak (83%), chicken (78%), and hot dogs (76%). Our most common side dishes are corn (42%), other veggies (41%), and potatoes (39%).



In 1948, the General Assembly of the United Nations adopted & proclaimed the Universal Declaration of Human Rights.

Human Right #8:

FAIR TREATMENT BY FAIR COURTS

We can all ask for the law to help us when we are not treated fairly.

Human Right #18

FREEDOM OF THOUGHT

We all have the right to believe in what we want to believe, to have a religion, and to change it if we wish.

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