



Stay Hydrated & Ready for Outdoor Activity!

MOVEMENT IN THE POOL non-weight bearing activity

By Dr Amanda Oberc

Are you looking to switch up your summer workout routine? Do you own or have access to a pool? If so, let's talk about the importance of non-weight bearing (NWB) activities/exercises. Overall, NWB activities allow you to move in the water without supporting your own weight. In other words, you are decreasing impact and strain on your entire body.

Here are some examples of NWB activities in the pool:

- Walking/swimming the length of the pool with or without a floating device for support
- Performing 30 second yoga poses to increase flexibility
- Carrying out water aerobics to increase your heart rate, such as high knees or butt kicks
- Running the length of the pool a few times to exercise your anaerobic activity

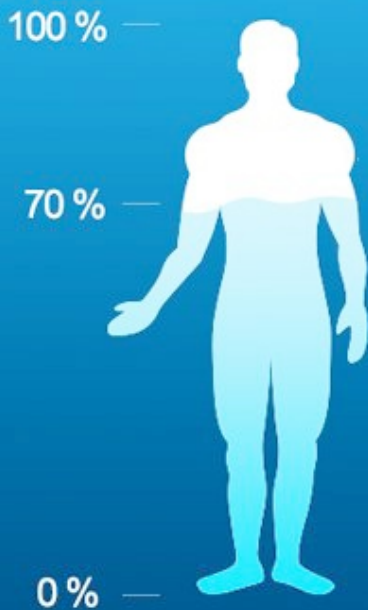
How much water should I be drinking?

Staying hydrated has many benefits. But did you know that getting enough water can help prevent muscle cramps? See the chart below. You can stay on track by using an app on your phone ... just go to your app store and search *Water Reminder* there are several apps to choose from.

After strenuous activity or sweating a lot, it is also encouraged to replace electrolytes. You can do this with a sports drink. But of course we would recommend a much healthier version called Hydrate by Nutridyne. See more information below.

Daily Water Chart

Water Composition



Daily Requirement

Weight	Water	
20 lbs	8 oz.	1 cup
40 lbs	16 oz.	
60 lbs	24 oz.	
80 lbs	32 oz.	4 cups (1/4 gallon or 1 quart)
100 lbs	40 oz.	
120 lbs	48 oz.	
140 lbs	54 oz.	
160 lbs	64 oz.	8 cups (1/2 gallon)
180 lbs	72 oz.	
200 lbs	80 oz.	
220 lbs	88 oz.	
240 lbs	96 oz.	12 cups (3/4 gallon)
260 lbs	104 oz.	
280 lbs	112 oz.	
300 lbs	120 oz.	
320 lbs	128 oz.	16 cups (1 gallon or 4 quarts)

Supplement Spotlight

Dynamic Hydrate

Dynamic Hydrate is a delicious, naturally flavored hydration complex formulated with a balanced profile of key minerals, electrolytes, vitamins, taurine, and carnosine.

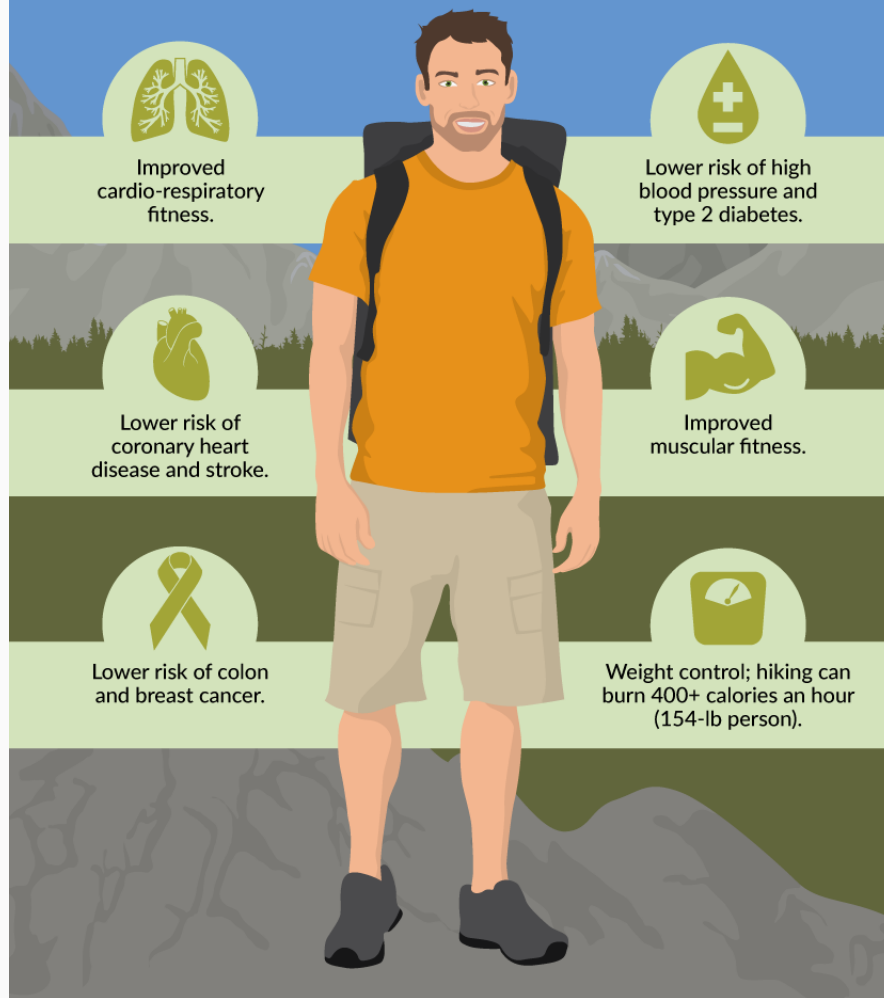
These ingredients work in synergy to support optimal hydration and promote healthy electrolyte balance.

Dynamic Hydrate is free from artificial additives and sugars that can actually hinder your performance and health.



[For product information or to purchase click here!](#)

Whole Body Benefits of Hiking



Please Remember to take a few minutes to stretch before and after your hike!

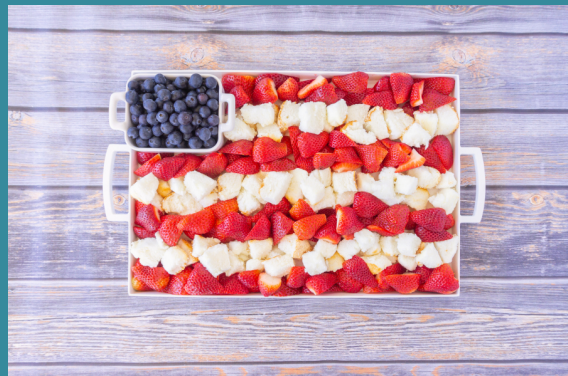
Click on the buttons below and check out local parks!

[Green Lake County Parks](#)

[Waushara County Parks](#)

Featured Recipe

Hi Friends,
This is Shannon and a few of you know that I have very picky kids. When I look for festive dishes to serve on the holidays I go for something easy and kid pleasing. Pictured is a 3-4 ingredient dish of blueberries, strawberries and angel food cake. Add some fresh whipped cream for an added treat and enjoy!



Original Source & More Information

