

# Wellness Monthly



By: Orthopedic & Sports Physical Therapy  
July is Family Wellness &  
Women's Health Month



## Staff Feature Kimberly Ceroll, PTA

OSPTI is proud to recognize one of its PTAs, Kim Ceroll. Kim was born and also grew up in New Effington, SD and graduated from Sisseton High School in 1997.

Following high school, she attended SDSU in Brookings, SD for one year and then went further to obtain a degree as a Physical Therapist Assistant at Lake Area Technical Institute in Watertown, SD. She was first employed at St. Francis Medical Center for three years and then joined OSPTI in August 2003.

Besides being a licensed Physical Therapist Assistant, Kim is a Certified Group Exercise Instructor, which allows her to lead group exercise classes.

Kim has a special interest in orthopedics, geriatrics, and treating low back pain with the use of Pilates to enhance overall core strength and stability.

Outside of work, Kim enjoys spending time with her two girls: Kayley, age 7 and Kelsey, age 4 as well as her husband, Kevin. She also enjoys reading, as time allows, being outside, and as any girl, shopping!

## Birthdays

Andy Hillestad- July 19<sup>th</sup>

## Farewells and Welcome's

Welcome! Tony Eggiman- PT, DPT -July 13th

## Joke Submitted by Ben Guck- PT, DPT

\*Where was the Declaration of Independence signed?

(At the bottom)

\*What is Uncle Sam's favorite snack?

(Fire Crackers)

## Services at OSPTI

Physical Therapy  
Occupational Therapy  
Massage Therapy  
Paraffin Wax  
Aqua bed Massage  
Open Gym  
Open Pool  
Personal Training

## What's happening at OSPTI

**Water Aerobics-** \$30/mo 2x/wk

Monday & Thursdays 10:30 am

Tuesday & Thursdays 5:15 pm

**Water Arthritis-** \$15/mo 1x/wk

Wednesdays 9:00 am

**Walker/Runner Group-** \$15.00 2x/wk

Monday & Wednesdays 12:00pm & 5:30pm

## **OSPTI**

**ORTHOPEDIC & SPORTS  
PHYSICAL THERAPY INC.**



Striving to Meet Your Goals!

For further information please contact OSPTI at  
218-641-7725

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## How to Dress for Hot Weather Running



By: Elizabeth Lutz, COTA

Runners need to take precautions when running in the heat and humidity. Follow these tips for how to dress properly for hot weather running.

### Wear Synthetic-blend Clothing

Avoid wearing cotton when running because it holds your sweat and doesn't dry quickly, which can lead to chafing. Synthetic fabrics (such as CoolMax or Dri-Fit) wick moisture away from your skin so cooling evaporation can occur. Although the technical fabric running clothes may cost a little more, you'll appreciate the comfort -- especially during long runs.

### Other essential Running Attire

\*Socks: Don't wear 100% cotton socks during your runs. Your feet will most likely be sweating a lot, and cotton tends to keep your feet wet, which can lead to blisters. Look for synthetic blends like those made from polyester, acrylic, or CoolMax, which are best at wicking away moisture.

\*Dress Lightly: Light-colored, loose-fitting clothing will help your body breathe and cool itself naturally. Tight clothing restricts that process, and dark colors absorb the sun's light and heat. Light colors reflect the sun from your skin.

\*Wear Shades : A good pair of running sunglasses help protect your eyes from the sun's damaging rays. Also, wearing running sunglasses helps prevent headaches that come from squinting.

\*Use Sunscreen: Apply your sunscreen (at least SPF 15) before you get dressed for your run. Some summer running clothes are made of mesh

or very thin fabric, so they might not provide protection from the sun's rays. Also, your clothes move when you run (or you may choose to take off some clothes, like your shirt). So it's best to make sure you're fully covered with sunscreen.



## Stay Hydrated

By: Lindsey Hill,  
Wellness Specialist



There is no other factor that impacts athletic performance as much as hydration. Even a 1-2% drop in body weight due to fluid loss can drastically affect your endurance. During summer months the humidity increases and increases your chance for dehydration and even heat stroke. Whether you are walking, running, biking, swimming or any other activity you need to make sure you are still taking in enough water to keep your body balanced. Some different ways to make sure of this is:

- Drink 8-10 8 oz. glasses of water each day.
- Keep track of your weight before and after workouts.
- Make sure your bike has a water bottle holder and take along a cold water bottle.
- Purchase a waist pack water bottle holder for your walks and runs.
- Place a bottle of water on the deck of the pool while you are lap swimming. Stop often.

Water is just one example of what to drink to stay hydrated. Gatorade offers electrolytes and vitamins that water may not give you.