

Patty's PT Tips

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Keeping Up with Exercise in the Summer

1. Exercise and Keeping it Cool-suggested Equipment:

A) Cooling Vests, neck, wrist and hat wraps-

<https://www.polarproducts.com> 1-800-763-8423

<https://www.thermapparel.com> 1-855-232-7233

Cooling vests:

Approximate costs: \$20-\$150 <http://www.bestproductsreview> to see all in one place

All these products can be looked at on Amazon.com or Walmart.com for comparison

Factors to consider: Weight, amount of time you require the cooling to last, fit

Space in the freezer

Frequency/duration of use in a day or week

Portability for travel

Poor man's model-a fishing vest with lots of pockets to stick ice packs in the pockets

B) Time of day and place you exercise-i.e. basement, indoor pool, in front of portable fan, air-conditioned public gym

C) Neck Fans-\$7 to \$35-many rechargeable with USB plug ins

2. Mix it up!

A) Try a new outdoor activity early or late in the day

- B) Try a new location for your walk or roll
- C) Try a different pool workout if that is a routine exercise for you
- D) Try a new video workout-it doesn't have to be perfect, just novel
- E) Plan a physical activity with a friend or family member
- F) Listen to music while you do your routine to "pump it up"-good for housework

3. Pay Attention to your goals

- A) Strive for 120 to 150 minutes/week-Do in small increments i.e. 5-10 minutes
- B) Include resistance training (optimally at least 2x/week) with bands or weights. You may want to go to an air-conditioned gym
- C) Do a variety of aerobic activities-even housework if you keep after it at a faster than normal pace for you.

4. Set the Stage

- A) A good 7 to 8 hours of sleep per night-keep the bedroom cool, try aroma therapy, vibration or self-massage to spastic muscles prior to bedtime
- B) Brush your teeth 2x/day-it's good for the brain!
- C) Utilize relaxation/meditation techniques
- D) Avoid electronics before bedtime

5. Adapting for vacations

- A) Include flexibility/stretching exercises-reduces spasticity after long car or plane rides. Don't expect to do your usual daily exercise routine.
- B) Eat well/explore-travel is brain exercise, physical exercise and an endurance activity