

# Integrated Bodyworks Weekly Newsletter

Week of June 16, 2019

**What's Happening:** Happy Father's Day!

## **Fun Holidays this Week:**

June 16: Father's Day – Happy Father's Day to all the amazing Dad's out there.

June 18: Go Fishing Day - Celebrate today, on the shore or in a boat, with a fishing pole in one hand, and your favorite beverage in the other. And, don't go home until you have caught your limit!

June 19: National Kissing Day – Pucker up and give someone you love a big smooch today.

June 21: Summer – We made it. Summer is finally here.

## **Hydration Recipe**

Keeping hydrated is an important part of staying healthy. Water promotes cardiovascular health, keeps your body cool, helps muscles and joints work better and keeps skin supple. Here is this week's hydration recipe:

### Grapefruit Raspberry Water

Ingredients:

1 medium sized grapefruit, sliced

½ cup raspberries, muddled

Water

Instructions:

Add all ingredients to a pitcher. Mix and store in the fridge for at least 4 hours for the flavors to infuse.

## **Shoulder Pain?**

Do you have shoulder pain? Try this...

- Stand up against a wall with your legs spread apart, and hold your arms up on either side of you in a 90-degree angle.
- Slowly raise your arms up and down.
- Do this at least 15 times.

This movement will loosen you up and may alleviate upper body tension. If you need more relief, give me a call to schedule an appointment.