

THE INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW VOLUME 9 | ISSUE 28



SIP. SAVOR. HYDRATE.

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Nothing tastes better than that first sip of water on a hot summer day but, did you know that 20% of the water our bodies need comes from the food we eat? While we often hear the recommendation of drinking eight glasses or 64 ounces of water a day, the **National Academy of Medicine suggests** even higher amounts. For physically demanding jobs, proper hydration becomes even more essential. Luckily, there are simple and tasty ways to replenish your fluid and electrolyte levels. **Scan the QR code to find step-by-step instructions for each recipe!**

BEEF KEBABS

Time: 30 mins

Serves: 4-6

1. Mix the spice mix in a small bowl.
2. Pat the meat dry and sprinkle with spice mix. Place in large resealable plastic bags and refrigerate



2-3 hours. Remove from fridge 30 minutes before... (continued with QR code) ➔

Alternatively, try with chicken, tofu, or shrimp!

STRAWBERRY-LIME SLUSHIE

Time: 2 minutes

Serves: 1

- 2 cups frozen, unsweetened, strawberries
- 1 lime, juiced
- ½ cup 100% cranberry juice



Place all ingredients in a blender or food processor and blend until completely smooth, about 1 minute.

QUICK PICKLES

For my fellow pickle lovers, **pickling foods** can be a great and simple way to keep hydration interesting. Pickled foods can be a great source of probiotics, antioxidants, and vitamins, keeping you hydrated and replenishing electrolytes. ➔



**WANT TO READ MORE?
SCAN THE QR!**

Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialists in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.



**Find hydration
in your favorite
foods!**