

Dr. Lee S. Cohen Newsletter

July 2016

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DrLeeCohen.com
610-522-9200



Welcome to the Dr. Lee Cohen community. Our practice is working together to realize a shared vision of uncompromising excellence in podiatric care. We focus on addressing treatment, injury prevention, and athletic performance enhancement.

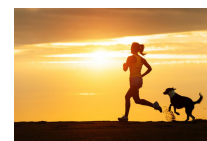
Dr. Lee S. Cohen



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Beat the Heat: Summer Running Tips

Hydration is always key, but especially when that summer sun begins to beat down during running and/or walking sessions. For every pound lost during exercise, replace it with 1.5 L of water and/or an electrolyte balanced drink. Runners can also benefit from drinking 1.5L of water 1-2 hours before their run. One of the clearest indicators of your hydration is your urine. Urine color should be clear to pale yellow. If it is deep yellow to brown, then you are dehydrated. Also, make an effort to avoid **scheduling your runs** during the peak of the day between 12pm to 3pm and always be aware of the humidity. Runners may also choose to **run in shaded areas** to avoid direct sunlight. Finally, try to wear **light-colored loose clothing, sunblock and sunglasses**.



For more information, click
[Adapt to the Heat for Summer Runs](#)

Flip-Flop No-No's

Flip-flop season is in full swing. When you can't wear your orthotics, in order to keep your feet happy, at least don't sport your flip-flops when doing these 7 things.

1. Walking the dog
2. Driving
3. Hiking/ Running
4. Yardwork
5. Cooking
6. Standing for long periods of time especially for work
7. Crowded areas



Check out the full article from Health Magazine at
[Health Magazine](#)



Coach's Corner featuring Adam Pyle

Meet Adam Pyle! The man behind the scene. Adam not only keeps you up to date with the latest news about the Dr. Lee S. Cohen office, he also provides patients, like yourself, with guidance on proper running technique through the Pose Method. Check out his profile on [CoachUp](#) or visit his website [adampylerunning.com](#) to find out more or to schedule your appointment, please call (610)522-9200.



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Sincerely,

Lee Cohen
Dr. Lee S. Cohen