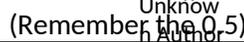


Electrolyte Value

	Tips	Value	Exercise
Sodium	Sodium SUCKs 	135-145 mmol/L	<i>Head to Toe</i>
Potassium	“Yum” 3-5 bananas at a time 	3.5-5 mEq/L	<i>Arm Stretch</i>
Calcium	Call: 911 	9-11 mg/dl	<i>Knee Ups</i>
Magnesium	Magnifying glass: will magnify what you are reading by 1.5-2.5. 	1.5-2.5 mEq/L	<i>Squats</i>
Chloride	Chlorine- the best time to go in the pool is 98-106 degrees. 	98-106 mEq/L	<i>Swimmer arms</i>
Phosphorus	Phosphorus Us= by n (Remember the 0.5) 	2.5-4.5 mg/dL	Jumping Jacks

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