

How to Bounce Back

KEEP HYDRATION HIGH ON YOUR LIST

BY SHAUNA FARNELL

Especially for those unaccustomed to high elevation, a trail outing in Vail, which sits above 8,000 feet, can be taxing. If you find yourself gasping for air on the uphill, sore, weak and generally wiped out after your adventure, you're not alone. Mountain sickness is real. It strikes even young, fit people. To avoid falling victim to the impact of high elevation, before heading out on a hike or bike ride, be sure you're well-hydrated and bring plenty of water and/or sports drinks with you enroute. After an adventure, there are also ways to bring relief to your suffering lungs and tired legs. Protein as well as potassium-rich foods (bananas, sweet potatoes, etc.) and coconut water or electrolyte-infused water, tablets, drinks and mixes are known to expedite recovery after physically demanding endeavors. Stretching, yoga, cold plunges and massages are other go-to means to feeling better after a tough day on the mountain. There's also Vail iV Wellness & Recovery, a company that administers iV fluids and delivers oxygen concentrators directly to your home, hotel or rental.

"The elevation and climate catch up to people quickly," says Andrew Pilecki, who, along with his wife, Kristin, own and operate Vail iV Wellness & Recovery. "People from the East and West Coasts can experience significant dryness and dehydration from the difference in climate. That, along with physical excursion, can end up ruining their vacation."

The company's team of registered nurses delivers and administers iV fluids, customized to each individual's needs. Although calls come in from people already suffering from mountain sickness who typically request both iV fluids as well as an oxygen concentrator, Vail iV has several recurring clients who request an iV treatment every time they come to town.



"Fit people, wellness professionals and even pro athletes request fluids before or after practice or a competition," Pilecki says.



Photo by Jack Affleck

***“The elevation
and climate
catch up to
people quickly”***

- ANDREW PILECKI,
VAIL IV

“They want to get ahead of the curve. They feel their vacation goes much better. You can only drink so many electrolyte drinks. With iV, those vitamins and minerals go directly into your veins. The absorption by your body is right away.”

No matter if it's consuming healthy, vitamin and mineral-rich foods and fluids, sports drinks or scheduling an iV session, staying well-hydrated before, during and after your time on the trail will make the experience better. Your body will thank you.

GET HYDRATED & AID RECOVERY



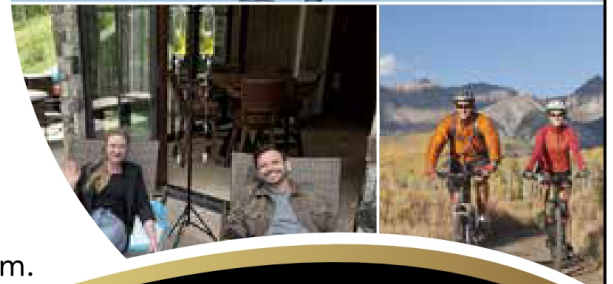
Unleash your outdoor potential with
Mobile IV Therapy & Oxygen!

10% OFF
your **entire**
treatment
with free amino
acids!

Our expert team provides
on-the-go revitalization with
IV therapy, Continuous Flow
Oxygen, and more. Defeat
fatigue, hydrate, and amplify
your stamina wherever you roam.



**OXYGEN
RENTALS
AVAILABLE!**
Continuous flow
oxygen that
won't run out!



Call or book
online today!

970.471.0519
vailivtherapy.com

