3on13

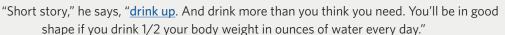## 3 things from EP to make life better.

Emanuelson-Podas produces the ***3on13 Newsletter*** on the 13th of every month in the hopes of putting in your hands three things that will help make your life better. Entries may include quotes, reminders, jokes, random recipes, book recommendations, advice, or anything else that might make you think, make you smile, or make you a better, happier human being. **Got something worth sharing? Send it to** *3on13@epinc.com*

1 | It's Summer. Drink Up!

Water, that is. EP Performance Coach Matt Groves is always preaching the importance of remaining hydrated. But the arrival of summer — when it's hotter outside and you're more likely to lose hydration from sweating, or even from dry indoor conditions — makes pounding that water even more important, Groves says. "Even mild dehydration can affect you in significant ways: decreased reaction time, reduced ability to concentrate, slowed cognitive abilities, and an overall drop in productivity. It can even affect your quality of sleep."

"Short story," he says, "drink up. And drink more than you think you need. You'll be in good shape if you drink 1/2 your body weight in ounces of water every day."

2 | Plant Your Friggin' Tree

It's official: this is normal. It might not be normal forever, but right now life in the midst of a pandemic is normal. So we'd better adapt.

Patrick Lencioni's new podcast, "Plant Your Friggin' Tree," is a kick in the pants. At just 19 minutes long, it gets right to the point: you can either slip into paralysis, or you can make bold decisions.

You're wondering about the title? It's based on the age-old question: "When is the best time to plant a tree? Twenty years ago. When is the second best time? Right now."

3 | Summer Odds and Ends

- Minnesota Historical Society History at Home is really cool. You'll get lost here.
- Tried and true advice on canoeing Minnehaha Creek from *Lake Minnetonka* magazine.
- Yes, it's open. Paisley Park awaits.
- Missing live music like we're missing live music? Turn it up to 11 and tackle this.
- Seen-ic? Best views around.
- Hungry? Farmers markets are generally open and have worked hard to create safe spaces.

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