

9 Weeks of Summer – Week 7

Tips to Stay Fit this Summer



With the weather warming up and the countdown for vacation beginning, staying fit this summer is on the priority list for all of us. The key to a summer workout is to set a goal and find creative, new ways to stay active everyday while eating smart.

Planning

The key to success is to create a plan for yourself that you can follow every day. Planning is vital to achieve the best results to help you stay determined to lose weight and follow your diet. Keeping a fitness log or journal is a great idea, since it makes you more organized, inspires you to lose weight and makes it easier to follow your progress.

Diet

Start a food journal and write down everything that you eat. This way you will be able to recognize the roots of the problem, whether you eat a lot of junk food, or eat too much for one dish. Shop for seasonal fruits such as watermelon, berries, pineapple or peaches and integrate them into your daily diet, instead of snacks. Also, a diet rich in proteins will boost the metabolic processes in your body and help you to achieve a better shape. Lastly, it is advisable to consume about 8 glasses of water every day to maintain a healthy body and stay in shape.

Sign up for a Fall Event

Try to find an interesting or challenging fall event to sign up for and begin training now. You and your friends could start training for a 10K, half marathon or an event that sparks your interest. The main thing is to find something that will get and keep you physically active and focused during the summer and throughout the year.

Outdoor Activities

Exercising indoors can be very redundant but summer is the perfect opportunity to change up your workout routine by incorporating outdoor physical activity. Many people associate running as the only activity to help you stay in shape this summer, but there are many other alternatives! Tennis, kayaking, canoeing, beach volleyball, hiking, and golf, softball, swimming, Ultimate Frisbee and cycling are just some ideas to get you started.

Swimming

- Advantages: You get to stay cool while being active. Even beginners who can't "officially" swim strokes, can perform water activities or Aquatic classes to stay fit.
- Calorie Burning Potential: A 150 pound person can burn 360 calories in 30 minutes!
- Tips: If you don't know how to swim, consider enrolling in an adult swim class at one of your local pools or instead try out some alternative water workouts that don't require swimming skills.

Ultimate Frisbee

- Advantages: Great non-contact sport. Burn calories and stay fit while having fun with others. It allows you to use some of your competitive juices and also offers the added benefit of meeting new people.
- Calorie Burning Potential: A 150 pound person can burn 360 calories in 30 minutes!
- Tips: Ultimate Frisbee is a non-contact team sport that mixes features of soccer, basketball, and football. The rules are simple for beginners to quickly learn it.

Cycling

- Advantages: All you need is a bike. You can cycle most anywhere. It is an appropriate activity for beginners and you can continually advance with your workout. It's a low impact workout.
- Calorie Burning Potential: A 150 pound person can burn 380 calories in 30 minutes!
- Tips: For extra motivation to keep you interested in sticking with the workouts, try signing up for a friendly race. For example, there are Century races that provide a real challenge.

