

# SUMMERTIME HEALTH

## 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 an effective summer workout is to eat smart, set a goal, and find new and creative ways to stay active every day.

### Create a Plan

The key to success is to create a plan that you can follow every day. Planning is vital to achieving the results you want. It helps you stay determined to lose weight and follow your diet. Keeping a fitness log or journal is a great idea. It keeps you organized and accountable, inspires you to keep going, and makes it easier to track your progress.



### Stick to a Healthy Diet

Start a food journal and write down everything that you eat. This will help you identify areas of your diet that you need to adjust. Reviewing your entries can show you if you're eating too much junk food or too much of a particular dish or group of foods. Shop for seasonal fruits and vegetables and look for ways to integrate them into your daily diet instead of packaged snacks. A diet rich in proteins will also boost the metabolic processes in your body and help you to achieve a better shape. Lastly, drink about 8 glasses of water every day to stay hydrated and maintain a healthy body.

### Sign up for a Fall Event

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 any fitness event that sparks your interest and keeps you motivated. 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 to Keep You Moving

Summer is the perfect opportunity to change up your workout routine by incorporating outdoor activities. Running is great, but think outside the box to stay in shape this summer! Tennis, cycling, kayaking, canoeing, beach volleyball, hiking, golf, softball, swimming, ultimate frisbee... the options are endless!

### Swimming

Stay cool as you work out! Swim laps or join an aquatic class. Don't know how to swim? Enroll in lessons at a local pool or try water workouts that don't require swimming skills.

Calorie Burning Potential:

A 150-pound person can burn 360 calories in 30 minutes.

### Ultimate Frisbee

A non-contact sport that's a mix of soccer, basketball, and football, the rules are simple to learn. A great option for people who like a little competition.

Calorie Burning Potential:

A 150-pound person can burn 360 calories in 30 minutes!

### Cycling

All you need is a bike! A great low impact activity for beginners and you can continually advance your workout. For extra motivation, sign up for a race.

Calorie Burning Potential:

A 150-pound person can burn 380 calories in 30 minutes.

Sources: [www.active.com](http://www.active.com), [www.workoutsforyou.com](http://www.workoutsforyou.com)