

The Wellness News

Issue 46. July, 2011



Summertime Fitness

It's that time of year again where the sun is ready to come out and play and you are too! Summertime fitness is a great way to switch up your workout routine and get a natural source of vitamin D. What does summertime fitness include? It's simply getting your body moving out of the house or gym and into the outdoors. The options are endless from hiking, swimming in a nearby lake, beach, or pool to biking or walking to work. Read on to get more detailed tips on how to create great outdoor workouts...

Ideas for Staying Fit

Hiking

Hiking is a great total body workout, especially when you add hiking poles or a walking stick. Using poles allows the upper body to become more active, increases your heart rate, and is a great way to add some intensity to your hiking. Already an avid hiker? Challenge yourself by creating interval training throughout your hike. Power walk up the incline taking long deep strides and then walk down slowly for recovery. Repeat

this a couple times and you will have a great workout! Enjoy biking? Try something new and see if mountain biking is a fit for you. Even moderate cycling is a great total body workout and with the scenic distraction all around you will not even realize you are exercising!

Here is a website with hiking and biking trails all over the United States:

<http://www.trails.com/toptrails.aspx>

Also check out campsites and your local national parks at:

<http://www.recreation.gov/>

<http://www.nps.gov/index.htm>

Did you know that 10 to 20 percent of all summertime respiratory-related hospital visits in some areas of the U.S. are associated with ozone pollution? To check out the air quality in your community go to: <http://airnow.gov/>

The Wellness News

More...

More Ideas for Staying Fit

Go swimming at a beach, lake, or pool

Lakes are great places to get away with the family and include exercise into your routine. Treading water is a very beneficial cardio work out. Exercise does not have to be done 30 minutes at a time. Splitting up the time into 10-minute increments a few times throughout the day will produce the same results.

Canoeing is a full body workout and a fun activity to do with family and friends while exploring the lake. It works the shoulders, obliques, core, back, and leg muscles. Try turning the canoe in different directions so you are using both sides of your body.

Swimming in the pool is another great option during the summer months. Look into water aerobics classes that may be offered at your local gym or public pool. Buy a pool noodle and do fluttering kicks for a great cardio and strength training workout. In the shallow end of the pool, try doing lunges, squats, and leg lifts.

Want to see how your fitness level matches up? Take the presidents fitness challenge for adults and children.

<http://www.presidentschallenge.org/challenge/active/index.shtml>

Hydration

Staying hydrated is always important for health. Remember to keep up with your 64 ounces of water a day and to increase this amount if you are doing 45 minutes or more of physical activity. This can also be supplemented with electrolyte replacement drinks especially when exercising for 45 minutes or more in the heat. Don't wait until thirst strikes, it means that your body is already dehydrated!



Call Your Health Coach for More Information 1-800-433-2320

Sources: www.fitness.gov/, www.aap.org, www.epa.gov, www.webmd.com, www.recreation.gov

