

WE FOCUS ON

August 2011

“The trouble with having a body is that people know it’s where you hang out, and you don’t get any privacy.” - Robert Brault

FITNESS

HOT, HEALTHY AND HYDRATED!

With recurring heat waves and heat indices above 100, keeping your body beach hot and healthy requires a solid workout routine and proper hydration. Here are a few pointers and tips to keep you ready for relaxation this month.

- 1. Keep a thermos or cool cup handy.** Having these refillable, convenient containers will help you make the most of your trips to the office water cooler, pit stops at the diner and coffee shop, and, of course, visits to the gym!
- 2. Start your day with seasonal, fresh fruit.** Fruit before your workout, and with your breakfast, will provide the necessary energy, vitamins and minerals you’ll need to get through the hot, humid days of August.
- 3. Eat lean protein just after workouts.** Sweating is inevitable in this weather. Ingesting the right protein, in recommended amounts, can help keep your muscles beach-ready all summer.



- 4. Do an extra cardio exercise set every day.** Use ten minutes of your lunch break to run stairs or lunge through the corridor. Healthy hearts make for healthy humans, not to mention how it will help you keep the pounds off.
- 5. Sunscreen and water.** When you visit the beach this August, apply the sunscreen approximately 30 minute before exposure to direct sunlight. Drink plenty of water throughout the day, more so during your visits to the shore.



Questions?

Email me at hwilliams@chpnet.org for the answer in next month’s letter.