

Summer Workouts: No Excuses

In the spring it is easy to find the motivation to workout. You are ready to get in better condition to play your sport of choice. And, of course, bathing suit season is right around the corner. During spring, "I can't workout because..." excuses are kept to a minimum. Now, however, summer is approaching. And the excuses begin to emerge. I hate to burst your bubble, but this article is going to throw your excuses out the window. If you dare, read on for our tips for beating the heat:

1. Water, Water, Water. Staying hydrated is the key to summer fitness. Whether you workout indoors or outside, you need to increase your water intake during the summer months.

Water accounts for approximately 55-60% of your body weight. Losing as little as 10% of your body's water can result in dehydration and present significant health risks. Some warning signs of dehydration include headaches, muscle cramps, lightheadedness, fatigue, confusion, lethargy and a persistently elevated body temperature. To help keep your body well hydrated, use the following water intake guide during exercise.



30 Minutes Before	8 ounces
During Exercise	3-6 ounces every 15 minutes
Within 30 Minutes After	8 ounces

2. Less is Best. The less you wear, the more surface area of your skin you expose, and the better your body can dissipate heat. The clothes that you do wear should be lightweight, loose fitting, light colored and a moisture wicking material if at all possible.

3. Cover Up. When working out outside, protect your skin with sunscreen that blocks both UVB and UVA light. Look for something that contains both titanium dioxide and zinc oxide. There is no perfect sunscreen, but wearing any lotion with a SPF of 15 to 30 will help protect you.

4. Beat the Heat. Working out in the fresh air is great, but there are times when you need to take it inside. As little as fifteen minutes of vigorous outdoor activity in 90 degree weather can raise your body temperature by 5 degrees. This increase in your body temperature is called hyperthermia. The Heat Stress Index Table to the right is a good way to assess your risk for developing hyperthermia.

The white area is considered "safe," grey is "risky," black is "highly risky." As always, listen to your body. If you experience cramping, exhaustion or profuse sweating, slow down or take it inside.

		Heat Stress Index					
		Air Temperature (F)					
		70°	80°	90°	100°	110°	120°
Relative Humidity	0%	64°	73°	83°	91°	99°	107°
	10%	60°	70°	80°	89°	97°	105°
	20%	66°	77°	87°	96°	105°	113°
	30%	67°	78°	90°	104°	123°	148°
	40%	68°	79°	93°	110°	137°	
	50%	69°	81°	96°	120°	150°	
	60%	70°	82°	100°	132°		
	70%	70°	85°	116°	144°		
	80%	71°	88°	113°			
	90%	71°	88°	112°			
100%	72°	91°					

5. Make it a family affair.

Summer is the number one travel season, but before you enjoy the fun and relaxation of your family vacation plan for physical activity. This could mean an early morning walk on the beach, an afternoon swim in the lake, or an evening bike ride. Besides enjoying the time together, you will be helping your family develop healthy exercise habits.

Now you know how to beat your summer-specific workout excuses. Take a minute to make sure that nothing else is holding you back. Do you know the most effective exercise plan to achieve your goals? Are you seeing results from your workouts? Elite Health & Fitness Training has seen first-hand the benefits of personal training with our clients willing to forth the effort required to create a change in their body and their health. If you are ready to take your health and fitness to the next level, **call Elite Health & Fitness Training directly at 856.216.0044 or visit www.EliteFit.com and email us to schedule your fitness consultation.**

Hope to hear from you soon!

Scott Shelley, PT

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