



Fit Tips

5 Tips for Getting in Shape this Summer

Summer is the perfect time of year to move your health and fitness goals closer to the top of your priority list to take the steps necessary to obtain a body that is both healthy inside and strong and physically fit inside.

- 1.) **Try something new!** Now that the weather is getting warmer and the days are getting longer why not add a new outdoor activity or sport, such as inline skating, mountain climbing, tennis and basketball. Anything to get your muscles working.
- 2.) **Clean up your diet and clean out your pantry!** Start taking time to read labels and increase your nutritional awareness by becoming better informed. Throw away items that you know are your biggest downfall. Cutting out junk food can make a considerable difference in your energy levels
- 3.) **Eat higher quality foods!** Concentrate on eating food for the nutritional value and not simply for the taste. Increase your consumption of antioxidant-rich vegetables, such as legume and whole grains.
- 4.) **Pair Strength training with Cardiovascular exercises!** Combining weight training with aerobic exercise doubles the chances that you will lose body fat and gain more lean muscle mass. Strength training helps increase your resting metabolism, so you can burn more calories while at rest.
- 5.) **Go for it!** Push your exercise and athletic boundaries further by signing up for an event or race that you have never participated in before. It doesn't matter if you finish first or last, just by pushing yourself the results will pay off in the end!