

Summer Fitness Tips and Tricks

The summer season brings with it longer days and more sunshine, offering a perfect opportunity to engage in various activities and maintain fitness.. However, it's important to approach summer exercise with caution to ensure safety and health. Discover tips and tricks to stay active safely during the warmer months:



Hydrate Adequately

Staying hydrated is crucial, especially during the summer when the risk of dehydration is higher. Drink plenty of water before, during, and after exercise. It's advisable to avoid caffeinated or alcoholic beverages as they can lead to dehydration.

Choose the Right Time of Day

Engage in outdoor activities during the cooler parts of the day, typically early morning or late evening, to avoid the peak sun hours. This strategy helps in minimizing the risk of heat-related illnesses.

Dress Appropriately

Wear loose-fitting, lightweight, and light-colored clothing to help keep cool and comfortable. Don't forget to wear a hat and sunglasses to protect yourself from the sun's harmful rays.

Sun Protection is Key

Apply a broad-spectrum sunscreen with an SPF of 30 or higher to all exposed skin, and reapply as recommended, especially if you're sweating or swimming.

Start Slow

If you're new to exercising or resuming after a break, start slow. Begin with low-intensity exercises and gradually increase the intensity as your endurance and fitness levels improve.

Incorporate a Variety of Activities

Mixing up your routine can prevent boredom and engage different muscle groups. Activities like walking, swimming, Tai Chi, yoga, and gardening are excellent for seniors. They can improve flexibility, strength, balance, and mental well-being.

Indoor Exercise Options

On extremely hot days, consider indoor activities to stay active. Follow along with exercise videos, join a class at a local community center, or simply walk around a shopping mall.

Listen to Your Body

Be mindful of your body's signals. If you feel dizzy, faint, or overly fatigued, stop immediately and seek a cooler environment. Knowing your limits and not pushing beyond what feels comfortable is crucial.

Stay Social

Exercising with a friend or family member not only makes the activity more enjoyable but also provides motivation and a sense of safety. Plus, it's a great way to stay connected and socialize.

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