

May 2008

## Spring Into Fitness



**A**s the days get warmer and longer, it is natural to want to spend more time outdoors. And outdoor summer sports provide the perfect opportunity to spice up your fitness routine.

It is easy to transfer your indoor gym routine to the great outdoors. Tired of the treadmill? Go hiking. Head spinning from spinning class? Consider mountain biking or bike touring in the countryside. Swimming, rock

climbing, canoeing, rowing, waterskiing—just about any outdoor recreational activity can be considered exercise.

It is important to remember, however, to develop a transition plan from a winter to summer exercise program. We can help you with this plan, as well as explain how to avoid injuries when taking on these new activities.

The following tips can help you ease into your new program:

- **Set clear, realistic goals for your fitness program.**
- **Do not try to do too much, too soon.**
- **Make exercise a priority. It may be tempting to lie in the sun, but get active!**
- **Hydrate! Drinking water is even more important in the heat of the summer.**
- **Avoid exercising during the heat of the day.**
- **Learn proper techniques to avoid injuries. Consider taking lessons if you are trying something new.**

And, as always, consult us before starting any new exercise program.