

Super Summer Exercises

6 tips for SAFE summer exercise

FOR SAFE SUMMER WORKOUTS:

- Drink 6 - 8 oz. of water every 15 - 20 minutes. Don't wait until you feel thirsty.
- Start slowly. It takes about a week to get used to exercising in the heat.
- Work out when it's cooler - morning or evening.
- In the heat of the day, head for shade, perform your workout inside or hit the pool.
- Wear light-colored, loose-fitting, absorbent clothes.
- Be careful on humid days when the heat index is too high to be outdoors exercising.

KNOW THE SYMPTOMS:

- **Heat Cramps** - muscle cramps, twitching, muscle spasms
- **Heat Exhaustion** - headaches, dizziness, weakness, goose bumps, shortness of breath
- **Heatstroke** - all the above symptoms plus disorientation, confusion or loss of consciousness
- If you or someone you know develops heatstroke, call for help immediately. Move to shaded area and drink fluids.

Rx for UPPER back

If you are weight training, don't neglect your upper back. In exercise, as in life, balance is essential. A strong, well-balanced upper body helps you with simple everyday tasks such as lifting, carrying, twisting, etc.

BEND OVER ROW



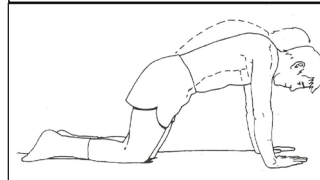
Bend at waist with your arms straight below you, a weight in each hand. Pull your elbows back, as if you're pulling the cord on a lawn mower.

Slightly bend at waist, pushing your bottom back without extending bent knees beyond your toes. Raise your arms straight out to the sides. Use light weights and be careful if you have previously had problems with your back.

REVERSE FLIES



PUSHUP PLUS



Place knees firmly planted on floor with arms shoulder width apart. Slowly do a pushup but instead of ending in a plank position, arch your back and shoulders until your upper back is rounded.

Repeat each exercise 8 - 12 times. Perform these moves three or four times a week to help strengthen your upper body as well as your front.

Fitness On A Budget

EXERCISE can be affordable. You can be active many ways indoors or outdoors, at work or home. A simple walk, brisk run, or using the stairs can keep you moving. Here are some other inexpensive products that can be added to your workout regimen.

- **Dumbbells**
- **Jump Ropes:** portable, light and easy to pack
- **Resistance Bands/Tubes:** great for muscle strength & endurance; again portable and easy to pack
- **Exercise Videos:** stores now carry a wide variety to choose from or check out YouTube