



## Timely Information for Personal Success

# Exercise Safely This Summer

By *Tim Lencki*

**D**id you know that it takes your body almost two weeks to adapt to warmer, more humid weather? Hopefully you enjoy the great outdoors during the summertime. If your plan is to get outside, let me give you a few tips for safe summertime exercise.

❖ **Take it slow** – If you are use to exercising inside or you haven't been exercising at all, be sure to take it easy at first. You need to let your body adapt to the heat. Exercising in hot weather puts extra stress on your heart and lungs. A combination of exercise and the air temperature increases your body temperature. In order for your body to dissipate the heat, more blood circulates through your skin... leaving less for your muscles. The result is an increase in heart rate. High humidity makes things even worse by pushing your body temperature higher.

❖ **Drink plenty of fluids** – Your body can easily lose up to a quart of water an hour. Your body's ability to sweat and cool down depends on adequate hydration. Be sure to drink water before, during and after exercise. Try drinking about 8 ounces every 20 minutes and do so even if you don't feel thirsty.

❖ **Dress appropriately** – It is best to wear light-weight, loose-fitting clothing to allow for circulation between your skin and the environment. Synthetic fabrics, such as polyester, with a mesh-

like weave are best as they tend to whisk away the sweat. Also, consider light colored clothing because it reflects the heat better than darker colors.

❖ **Avoid the peak sunlight hours** – If possible, exercise outside in the morning or evening hours to avoid the intense heat. If this isn't possible then get to the gym where it is likely to be air-conditioned.

Have fun this summer and keep these tips in mind so you can be safe and continue to enjoy the outdoors. ■

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## Healthy Recipe: Quick Breakfast Taco

### INGREDIENTS:

- 2 corn tortillas
- 1 tablespoon salsa
- 2 tablespoons shredded reduced-fat Cheddar cheese
- 1/2 cup liquid egg substitute, such as Egg Beaters

### NUTRITIONAL VALUE:

- Calories per serving: 153
- Carbohydrates: 15 g.
- Protein: 17 g.
- Sodium: 453 mg.
- Fat: 1 g.
- Saturated fat: 0 g.

### DIRECTIONS:

1 Top tortillas with salsa and cheese. Heat in the microwave until the cheese is melted, about 30 seconds.

2 Meanwhile coat a small non-stick skillet with cooking spray. Heat over medium heat; add egg substitute and cook, stirring until the eggs are cooked through, about 90 seconds. Divide the scrambled egg between the tacos.

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## Questions and Answers

### Exercise & Weight Loss

**Q:** *Should I gauge the effectiveness of my exercise routine on weight loss?*

**A:** No. Being healthy has less to do with a number on the scale and more to do with enjoying life. The key to making positive changes, which may or may not include weight loss, is to consider all the different facets of your lifestyle. Losing weight doesn't mean much if you are so tired from constantly restricting calories that you can't even spend time playing with your kids, accomplishing things around the house, or enjoying basic outdoor recreational activities.

Tailor your exercise program toward things that help you function more effectively in everyday life, not only toward things that help you lose weight. Find a local personal trainer to suggest some exercise options. I'm not suggesting that people ignore being overweight! However, if you are focused *solely* on losing weight you're setting yourself up for failure. Rather, concentrate on moving more by enjoying some of the activities available to you during the summer.

- Tim Lencki

## Try Kayaking for Fitness

Kayaking has become very popular over the last couple years. Not only is it an enjoyable outdoor recreational activity, but it is also a great fitness tool. The advent of adventure races (which are similar to triathlons, but they have a kayaking leg rather than swimming) have encouraged people to train in a kayak. It didn't take long for people to realize the fitness benefits of kayaking.

One advantage to training in a kayak is that it is low-impact, which makes it very appealing to those who have knee and hip problems. Being one of the few outdoor activities that focuses on the upper body gives people who like to exercise regularly a good balance in their exercise routine.

There are many varieties and sizes of kayaks to choose from. Generally, the shorter and wider the kayak, the more stable and maneuverable it will be. A longer and narrower kayak will be faster and track straighter in the water. Either type will work.

Kayaking is a great way to train your core and back muscles. If you are kayaking in a lake, you can try a variety of stroke patterns for variety. Some of those include paddling forward, backward, multiple strokes in succession on each side, short strokes, and long strokes. Mix it up as you paddle across the lake this summer. ■

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