



Workout smart this summer

Many of us start the new year with a resolution to eat well and get fit. Thanks to Lite n' Easy the eating well part can be easy – what's not so straight forward is how to maintain an exercise program through what can be, quite challenging conditions.

Don't let your exercise resolution melt away in the hot weather – follow these simple, common sense tips and turn the promise you made to yourself into a reality right now.

Beat the heat

Exercising early in the morning or late in the afternoon sounds like an obvious way to beat the heat, but it's amazing how we let other commitments take priority, leaving only the hot, middle chunk of the day free to get out there. Why not try to prioritise your exercise to the top of your to do list instead!

Don't push it

Heat places stresses on your body even before you start exercising. So if you are going to exercise in the heat, remain mindful of the fact that your body will have to work harder to counter the conditions. Take it easy and you'll be more inclined to come back for more the next day!

Think before you drink

Stay hydrated: It is important to drink plenty of water throughout your exercise regime, even if you don't feel thirsty.

Take a dip

Swimming or aqua aerobics are both zero impact full body workouts, which are also a great way to cool off on a hot summer's day. Go on, get wet and give it a go!

Take it inside

Avoid the outdoor heat and escape to the air conditioned gym or get active indoors.

Remember, there's always an "excuse" not to exercise, but more importantly, there's always an even better reason to do it as well!