

Staying on Track with Healthy Eating and Exercise all Summer Long!

Summer is almost here which means cottage, camping, parties and BBQ season is here too! I have to say that this is definitely my most favourite time of the year, however, being in the fitness business for eight years, I have noticed a pattern with not only myself, but with others as well. We tend to slack off on our diet and exercise regimes at this time.

Lets face it, I can tell you until you're blue in the face the importance of sticking to your regular exercise and healthy eating habits, but I know it is easier said than done, so what do we do? We compromise. We try our best and we don't regret.

The following tips below will help you to stay somewhat on track when being faced with the challenges of being at a backyard party or cottage this summer.



1. Bring a healthy dish or two to the party so that if all else fails and there are no healthy options, at least you have your own dish to turn to.
2. Eat a good healthy meal or snack prior to heading out to the party so that when you arrive and are faced with lots of unhealthy options you eat less of them.
3. Choose to drink lower calorie alcoholic beverages at the party, such as vodka with soda, a mojito without added sugar, lower calorie beer, red wine, gin and tonic or even a tequila drink, but the key is to cap your intake. Decide on a number of drinks that you will have at the party prior to going, and stick to it. Obviously the lower number the better. I say the lucky number is three!
4. We tend to stand around in the kitchen at parties for some reason...surrounding the counter that has all the finger foods loaded with calories...and the more we stand around that counter the more our hands move towards the dishes and the more we chow down on rich calorie loaded snacks, the thirstier we become, so it



is a viscous cycle of excess calories! Move away from the counter! Go into another room or the backyard to mingle if your hand has a mind of its own!

5. No regrets! Don't wake up the next morning and beat yourself up for having too many nachos and cheese, or chicken wings and beer. Instead wake up and get a good workout in, sweat a little and burn some of those calories.

Summer is such a great time to exercise although many of us do tend to slack off in the summer. Here are some tips to help you stay on track whether you are home or at the cottage.

1. Hire a personal trainer or attend an exercise class for the weeks you will be in town so that you have a committed appointment and aren't tempted to drive past the gym.
2. Find a friend or a few that share the same fitness goals and arrange a time and day each week to meet up for your workout. Having others to work out with will keep you motivated and hold you accountable.
3. There are so many amazing calorie burning summer exercises you can do so choose a few of your faves and plan to do them daily. Some great ones are rollerblading, swimming, tennis, cycling, walking, running and hiking.
4. Headed to the cottage? No problem! Pack up a few small exercise tools such as a stability ball, an exercise band and a yoga mat and do some floor exercises daily. Choose to do some of the outdoor exercises I have noted above, such as walking, hiking, running, cycling and swimming. If you are one of the lucky people who get to spend the entire summer up at a cottage, then look around for a small local gym or fitness studio that you can go to on those rainy days.
5. Try your very best to not let exercise go by the wayside this summer. With the added calories we consume enjoying the summer, pounds can add up really fast, and before we know it, the fall is here and so is that extra bit of weight we worked really hard at getting off all winter and spring.



Have a happy and safe summer!
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