

Summer exercise tips



Summer is a great time to get outside and stay active. With warmer weather and more daylight, it's the perfect opportunity to develop healthy exercise habits. The key is to find activities you enjoy and make them a regular part of your routine. Here are some fun and easy ways to stay active this summer.

Go for a bike ride.

Biking is a fantastic low-impact exercise that's easy on your joints. It's also a great way to explore your neighborhood or nearby parks.

Take a hike.

Hiking is a great way to get some exercise while enjoying nature. Look for easy trails in your area and bring plenty of water. Hiking is a great workout for your legs and core.

Try a new sport.

Summer is the perfect time to try a new sport like tennis, basketball, or volleyball. Grab some friends and head to a local court or park. Sports are a fun way to stay active and socialize.

Go for a swim.

Swimming is an excellent full-body workout that's easy on your joints. If you have access to a pool, swim laps or tread water. Swimming is also a great way to cool off on hot summer days.

Take a walk.

Walking is a simple and effective way to stay active. Aim for at least 30 minutes of brisk walking every day. You can walk around your neighborhood, at a local park, or even at the mall if it's too hot outside.

Do bodyweight exercises.

Bodyweight exercises like pushups, squats, and lunges are a great way to build strength without any equipment. You can do them anywhere, even in your own living room. Aim for 2-3 sets of 10-15 reps of each exercise a few times a week.

**Remember to stay hydrated, wear sunscreen, and listen to your body.
Have fun and stay active this summer!**



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