



# Ways to Stay Active During the Summer



As the temperatures rise and the sun shines brighter, it's the perfect time to embrace the great outdoors and stay active during the summer months. You don't want to be indoors and in an air conditioned gym all the time. Here are some fun ways to stay physically active and make the most of summer:

**Hiking and Nature Walks:** Explore local trails, forests, or national parks and immerse yourself in the beauty of nature. Hiking not only provides a great cardiovascular workout but also allows you to disconnect from the hustle and bustle of daily life while enjoying breathtaking scenery.

**Swimming:** Whether it's at the beach, a lake, or a pool, swimming is a refreshing way to cool off while getting a full-body workout. Challenge yourself by swimming laps or simply splash around with friends and family for a fun and energizing activity.

**Cycling:** Hop on your bike and hit the road or explore scenic bike paths in your area. Cycling is a low-impact exercise that strengthens your legs and improves cardiovascular health. Plus, it's a fantastic way to sightsee and discover new places.

**Kayaking or Canoeing:** Spend a day out on the water paddling along rivers, lakes, or coastal areas. Kayaking and canoeing offer a full-body workout, engaging your arms, core, and back muscles while allowing you to connect with nature and wildlife.

**Yoga in the Park:** Take your yoga practice outdoors and enjoy the benefits of practicing in the fresh air. Many parks offer outdoor yoga classes during the summer months, or you can roll out your mat in a quiet corner of the park and practice on your own.

**Rock Climbing:** Channel your inner adventurer and try your hand at rock climbing at a local climbing gym or outdoor climbing area. Climbing challenges both your physical strength and mental focus while offering an exhilarating sense of accomplishment when you reach the top.

**Gardening:** Believe it or not, gardening can be a surprisingly effective way to stay active during the summer. Tending to your garden requires bending, lifting, digging, and stretching, which can help improve flexibility, strength, and overall fitness.

With so many enjoyable outdoor activities to choose from, staying active during the summer doesn't have to feel like a chore. Whether you prefer exploring nature, playing sports, or trying new fitness challenges, there's something for everyone to enjoy while soaking up the sunshine and staying healthy and active all summer long.