



# Live Well, Work Well

Health and wellness tips for your work, home and life—brought to you by R&R Insurance Services



## FINDING FUN WAYS TO STAY ACTIVE IN THE SUMMER

Summer offers boundless opportunities to spend time outdoors and try new activities. No matter your age, being active can improve your physical and mental well-being, and research shows that [combining exercise](#) with outdoor time may yield greater benefits, such as improved cognitive function. This article highlights fun ways to stay active and increase your time outdoors this summer.

### Ways to Stay Active This Summer

The warm summer months are a perfect excuse to spend more active time outside. Here are some activities you can fit into your routine to make your days more active:

- Explore your neighborhood on a bike or on foot.
- Try an outdoor fitness class (e.g., Zumba in the park) or join a local walking group.
- Host a barbecue with games.
- Swim at a local pool or beach.
- Pick up a new sport (e.g., pickleball or volleyball).
- Take your exercise routine outdoors.
- Landscape or work in your garden.
- Stroll through an outdoor market.
- Dust off an old pair of roller skates.
- Try water sports, such as kayaking or paddleboarding.
- Go pick produce at a local farm.
- Join a local sports league.
- Photograph birds around your neighborhood.

- Try plogging (picking up litter as you jog or walk).
- Complete a new hike or walking trail.
- Volunteer as a dog walker at your local shelter.

### Summer Safety Tips

Exercising outdoors is a great way to boost mood, lower stress and reduce depression. However, hot weather and humid days can stress your body more, and sun exposure can cause sunburn. Before starting a new summer activity, you should take the following precautions:

- Watch the weather for heat alerts and advisories.
- Start slowly to give your body time to adjust to the heat.
- Reduce your exercise intensity and take breaks when starting a new workout outside.
- Drink plenty of fluids.
- Avoid the midday heat.
- Wear sunscreen, sunglasses and sunhats.
- Stop exercising and get out of the heat immediately if you feel symptoms of heat stroke.



Certain medications and medical diagnoses may increase your susceptibility to heat-related illnesses. Contact your primary care physician for more information on summer heat safety.

### **Conclusion**

Warm weather and sunny days make summer the perfect time to try new activities that increase your heart rate and get you outdoors. However, hot days and humid weather can also increase your risk for heat-related illnesses. Take appropriate precautions to ensure summer activities stay safe and relaxing.

Contact us for further guidance on safe exercise.