

## Top 10 Health, Fitness and Nutrition Tips for Summer

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- 1.) May is National Bike Month so dust off your wheels and get riding! You can burn 300-500 calories for an hour of bike-riding and if you replace short car trips with bike trips you can decrease air pollutants.
- 2.) Get to a Farmer's Market for fresh summer fruits and vegetables to hand pick what's in season. Visit <http://www.ams.usda.gov/farmersmarkets/> to find a farmer's market in your area.
- 3.) Stay safe in the sun: After moderate sun exposure of 10-15 minutes for a healthy dose of vitamin D, use shade or sunscreen to safely enjoy the outdoors.
- 4.) Interested in Pilates? Try a free Pilates class on May 5th. Visit [www.pilatesday.com](http://www.pilatesday.com) to find a studio near you.
- 5.) Sample some sushi if you are feeling exhausted, achy or moody to help boost low levels of iodine. These symptoms may be signs of a thyroid imbalance.
- 6.) Cook your broccoli and other cruciferous vegetables so they are "crispy crunchy" in texture to activate the healthy nutrients. Also, warmer foods are nicer on our internal organs for digestion and absorption than raw or cold vegetables.
- 7.) Keep your feet strong and stretched especially when going barefoot outdoors. To prevent heel pain or plantar fasciitis stretch before you get out of bed by crossing one leg over the other and stretch the arch of your foot by pulling your toes back toward your shin.
- 8.) Stay hydrated! Most adults are dehydrated which can cause fatigue and moodiness. Drink fluids throughout the day and if you need a pick-me-up for your water add some fresh lime juice.
- 9.) Eat some dark chocolate for an antioxidant boost. Dark chocolate contains more antioxidant power than a serving of blueberries, green tea or red wine.
- 10.) Train your core muscles in an upright position when working in the yard or playing in the pool. Gently draw in your deep abdominal muscles while standing, bending or reaching.