

## Being Active during the Summer is Fun

Six months have passed since you made your New Year's Resolutions. If you resolved to be more physically active, now is a great time to revisit that decision, or give it a little push.

With longer days and warmer weather, the opportunities for outdoor fun are endless. Take advantage of this time to try some new activities or just enjoy the ones you already love. Either way, moving more every day is easy during the summer.

Try some of these fun summer activities.

1. Go for a swim. There's nothing like cooling off during a hot day like taking a dip in the pool or lake. Swimming is an excellent exercise. It burns many calories and is easy on your joints. Try doing a couple of extra laps the next time you jump in.

2. Gear up for a bike ride. Enjoy the weather, save money and benefit the environment by biking to the movies, the post office or just out to lunch. Biking provides the advantage of door-to-door transport and worry-free parking. In addition, biking burns calories, builds muscles and is easier on your joints than running. Plus, there's nothing like a bike ride through the country to make you feel like a kid again.

3. Pick up a racket. Grab a friend or three and hit the courts for a game of tennis or badminton. It is great for hand-eye coordination and a fun way to exercise with others. If you aren't up to playing a game, just hit some balls or shuttlecocks back and forth. You also get the added benefit of running after all of the ones you miss!

4. Explore nature. North Carolina is home to a great many nature parks. From the mountains to the beach, there are waterfalls, forests, and marshes with walking and hiking trails for you to discover the world around you. Hikes can be found for all levels of experience and ability, so take the whole family and enjoy the fresh air – exercise together!

5. Play ball! Baseball is the national pastime, and summer is a great time to get out your bat and glove. Gather your friends together for friendly game. Don't forget the sunscreen!

6. If you find that the heat and humidity of North Carolina's summers put a damper on your activity plans, try exercising earlier or later in the day. It is usually cooler first thing in the morning or later in the evening. Be sure to wear clothing that wicks moisture away from your skin to help you stay cooler. Carry a water bottle with you and try to choose walking, running, or biking paths that are mostly shaded. This will help you stay cooler, too.

With all of these great activities and more, there is no reason to spend the summer sitting indoors. Get out and move more!