

INNER STRENGTH

Fit Words for Everyday People

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Summer Survival Summer is the perfect time to get in shape. The days are longer and warmer and we have the added incentive of “the swimsuit.” Summer offers many unique opportunities that do not exist other times of the year to help you on your path to being healthy. This month’s Inner Strength gives you tips and tricks to getting fit this summer by taking advantage of what summer has to offer. See you soon! Susan



Hi 5 Fitness News: What an amazing 6 months we have had at Hi 5 Fitness. We had over 65 youth ages 4 to 15 join us and learn about eating a rainbow of colors and how to fit fitness into their daily lives. We are on summer break through 9/15 and are looking forward to a brand new Hi 5 Fitness beginning in September. In the meantime, we have many youth signed up this summer for our Personal Training Youth program at Tone Up Raleigh. Visit our website at www.Hi5Fitness.com or give us a call at (919) 518-1181 and ask how we can help keep your child fit this summer!



The **Skinny** Of the Month

Tips for Summer Fitness

1. **Eat fresh** Food changes in the summer and the really healthy food comes into season. Think foods like blueberries, strawberries, peaches and apricots. All of these wonderful low sugar fruits will be in abundance over the next few months. These fruits are some of the highest in anti-oxidants yet some of the lowest in carbohydrate, allowing you to eat a large volume without consequence.
2. **Morning Workouts:** If your summer days are busy, get your workout in early. You can feel energized the remainder of your day and begin your day off on a positive note.
3. **Stay Fit with Friends:** Working out with friends and family is especially easy in the summer. Get outside and do water aerobics at a nearby pool with a buddy. You can provide extra motivation to your friend and he or she can do the same for you.
4. **Be Safe in the Sun:** Avoid exercising midday when the heat and humidity are the greatest. Drink lots of water. Wear sunscreen, a hat, and sunglasses to avoid direct sunlight. Acclimate yourself slowly if exercising outside. Wear loose fitting clothing.



No More Excuses!



“I have no time to exercise in the summer. My kids are out of school and we’re too busy!”

Too busy for fitness? Change your social and eating habits to promote healthy lifestyle changes and encourage your children to do the same. Instead of eating a heavy lunch, pack a lunch and go for a walk or bike ride with your family. You can snack on fruit while enjoying a nice brisk walk to break up day. You will feel refreshed and more invigorated for your afternoon tasks. Keep in mind that the summer is supposed to create some of the best memories of the year. So relax and enjoy your activity and let’s get healthy one tip at a time!

*** Healthy Eating Tip for Kids and Adults ***

Watch what your kids drink

Sugary beverages can pack on the pounds, so replace soda and juice drinks with water or flavored seltzers. Even nutritious juices can add up: Most experts recommend only 4 to 6 ounces of 100 percent fruit juice for children under age 6 and only 8 to 12 ounces for older children. Drinking eight glasses of juice or soda — which is not particularly uncommon — can add 1,000 calories to your child's diet!

As a person who once weighed 300 pounds and has lost ‘half my size,’ making healthy choices has become part of my life. If you are looking for an extra person on your team to help you improve your life and meet fitness goals designed for you, I’d love to talk with you. Visit www.SusanCaldwell.com for more information.