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Hinter has passed and summer is upon us! Many of you use this fact to become more physically active, especially outdoors. If you don't, you should, as it can be an effective way to improve your health, have fun with family and friends, and shed unwanted weight.

There are a number of ways you can squeeze in a little extra activity each day that you may not have thought of. For instance, when away from home, try parking farther away from store and work entrances, taking a short, brisk walk on your lunch break, or choosing the stairs over the elevator or escalator. Did you know that simply taking the stairs each day can help lower blood pressure?

At home, try walking your dog at a higher pace, strengthening your muscles with resistance bands during television time, or performing sets of jumping jacks, push ups, crunches, or squats during commercial breaks. Below is a list of other summer activities and the amount of calories they burn in one hour, followed by some tips about safety.

Bicycling (> 10 mph)	573	Light gardening	322
Jogging (5 mph)	573	Golf	322
Swimming (slowly)	494	Bicycling (< 10 mph)	286
Aerobics	465	Bowling	286
Basketball	430	Walking (3.5 mph)	286
Weight-lifting (heavy)	430	Cleaning house	246
Heavy yard work	430	Weight-lifting (light)	215
Tennis	358	Frisbee	211
Hiking	351		

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Sun Protection – When active outdoors, remember to protect yourselves from skin cancer, sun poisoning, and sunburn with an SPF 15 or higher sunscreen. Water-proof sunscreens are particularly à^}^, &ææ|Á â-Á •, ā { { ā} *Á [:Á] : [~ •^Á •, ^æcæ } *Á â-Á ^ç-pected.

Fluid Balance – ÓÁÁ • ~ !^Ác [Á, * @cÁ â^@ ^ â !æcæ [} Á, äc@Á plenty of cool, clean water. You can lose 1.0-2.0 Liters of water per hour through sweat during exercise. Consume two cups of water 2 hours before exercise, 1-2 cups 30 minutes before exercise, and ½-1 cup every 15 minutes during exercise. After exercise, be sure to consume 2 ½ cups of water for every pound of water weight lost.

Glucose/Electrolyte Balance – After exercise, it is important to replenish blood sugar and electrolytes lost during activity. Consuming a carbohydrate/electrolyte sport drink can help to accomplish this. When exercising vigorously or longer than one hour, it may be necessary to consume a small amount of sport drink every 15 minutes during activity. If counting calories, it is alright to use a light or calorie-free sport drink during exercise so long as you consume carbohydrates after exercise.

Heat Illness – Be aware of the signs and symptoms of heat illness, such as severe muscle pains or cramps, weakness, fatigue, nausea, headache, dizziness, slow or rapid heart rate, vomiting, excessive thirst, excessive sweating, confusion, cold, clammy • \ä } ÉÁ @ [cÉÁ ' ~ • @^ÁÁ â ! ^ Á • \ä } ÉÁ & [} ç ~ | • ä [} • ÉÁ â ^ & ! ^ æ • ^ ÁÁ urination, fainting, or blood in the urine or stool. Staying hydrated and exercising early in the morning or in the evening will help prevent heat illness.

Sources: US Department of Health and Human Services, US Department of Agriculture

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