



5 Fun Summer Workouts

1. Kayaking

Calories Burned

Up to 340 per hour

Body Benefits A sculpted upper body. Pulling the paddle against the water is great resistance, you target your shoulders, triceps, biceps, back, and core.

Word to the Wise Beginners should use an open kayak--or take a lesson to learn how to escape the kayak first.

Your Destination Try a guided outing on Newnan's Lake in Gainesville. See adventureoutpost.net for more details

2. Hiking

Calories Burned Up to 400 per hour

Body Benefits Improved cardiovascular fitness. Hiking will give you stronger, leaner thighs and firm your rear to boot.

Word to the Wise Invest in a good pair of boots or trail runners (go to Backpacker.com for a buying guide) and be sure to break them in by wearing them on errands before you hike.

Your Destination Try making a day trip out to Payne's Prairie for breathtaking local wildlife.

3. Speedminton

Calories Burned Up to 400 per hour

Body Benefits Tank-worthy arms. This hot new game is a cross between racquetball, badminton, and tennis but with no nets or walls involved. Players bat a speeder--which looks like the birdie used in badminton--back and forth using lightweight rackets.

The results are similar to those in tennis--sculpted arms and back, toned legs, and better hand-eye coordination.

Word to the Wise Pack chalk to draw a court, and remember: It's just a game.

Your Destination Anywhere, USA--that is, the street, your backyard, or the beach. You can purchase equipment for \$30 to \$50 at sporting goods stores or at Amazon.com.

4. Cycling

Calories Burned Up to 500 to 700 per hour, depending on speed and terrain

Body Benefits Improved cardiovascular fitness plus solid legs and buns.

Word to the Wise We know that spandex can be unflattering, but it makes a huge difference when cycling. Cycle shorts provide padding and wick away

moisture, preventing your rear end, legs, and groin from getting chafed.

Your Destination Try heading up to San Felasco Hammock State Park in North Gainesville. See www.sanfelasco.net for more details.

5. Inline Skating

Calories Burned Up to 816 per hour

Body Benefits Sculpts your buns and thighs without pounding your knees. Skating is much less jarring than other high-intensity sports like jogging.

Word to the Wise Don't be intimidated. Ease into it by taking lessons.

Your Destination An empty parking lot or your driveway for practicing. For something more challenging, try the Pinellas Trail in Pinellas County, FL or the Gainesville-Hawthorn Trail right here in Gainesville.



By Mike Fleming



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[May's Member of the Month!](#)

[Eric Steinfelds](#)

***Congratulations!
Eric Steinfelds
will receive a free
month of
membership!***





LIVING WELL

UF Living Well
College of Health and Human Performance
UNIVERSITY of FLORIDA

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Contact one of our Personal Trainers to schedule an appointment:

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Group Fitness Schedule:
Monday, May 12th to Friday, August 8th
No classes June 23rd to June 27th
Group Class schedule may change for Summer B

Exercise Tip:
Increase Your Golf Swing Speed
Mike Pederson: performbettergolf.com

Step 1: Assume a standing position with your arms straight and hanging down in front of you, holding your medicine ball or dumbbell.

Step 2: As you step forward with one leg, rotate your upper body to that same side, holding the medball or dumbbell chest high the whole time.

Step 3: Return to starting position and do the opposite leg.

Step 4: Repeat each side 10 times for 3 sets.

If you are consistent with this exercise, you will see improvement in your golf swing speed, power and distance in a very short period of time.



Monday: 5:30pm – 6:15pm Tone and Stretch with Danielle
Wednesday: 12:00pm – 12:45pm Total Body Toning with Amanda
Wednesday: 5:30pm – 6:15pm Tone and Stretch with Danielle
Friday: 12:00pm – 12:45pm Spin with Laura

Location: Yon Hall room 4 (all classes),
Yon Hall room 12 – Living Well (Spin only)

Living Well will have limited hours between semesters.

UF Living Well
College of Health and Human Performance
UNIVERSITY of FLORIDA Semester Break Week
Hours of Operation

May 3 (Sat):	Closed for HHP Commencement
May 4 (Sun):	10:00am-3:00pm
May 5 (Mon):	5:30am-8:00am, 12:00pm-8:00pm
May 6 (Tue):	12:00pm - 8:00pm
May 7 (Wed):	5:30am-8:00am, 12:00pm-8:00pm
May 8 (Thurs):	12:00pm-8:00pm
May 9 (Fri):	5:30am-8:00am, 12:00pm-8:00pm
May 10, 11 (Sat,Sun):	10:00am-3:00pm

* Resume normal hours on May 12 (Mon)

Visit us at
<http://www.hhp.ufl.edu/places/livi/livi.php>

STAYING SAFE IN THE HEAT BY JAMES ZARZA

*Avoid dehydration!!! You can lose between 6 and 12 oz. of fluid for every 20 minutes of running. Therefore it is important to pre-hydrate (10-15 oz. of fluid 10 to 15 minutes prior to running) and drink fluids every 20-30 minutes along your running route. To determine if you are hydrating properly, weigh yourself before and after running. You should have drunk one pint of fluid for every pound you're missing. Indications that you are running while dehydrated are a persistent elevated pulse after finishing your run and dark yellow urine. Keep in mind that thirst is not an adequate indicator of dehydration.

*Avoid running outside if the heat is above 98.6 degrees, body temperature, and the humidity is above 70-80%.

While running, the body temperature is regulated by the process of sweat evaporating off of the skin. If the humidity in the air is so high that it prevents evaporation of sweat from the skin, you can quickly overheat and literally cook your insides from an elevated body temperature.

*Run in the shade whenever possible and avoid direct sunlight and blacktop. When you are going to be exposed to the intense summer rays of the sun, apply at least 15 spf sunscreen and wear protective eyewear that filters out UVA and UVB rays.

*If you have heart or respiratory problems or you are on any medications, consult your doctor about running in the heat. Sometimes it may be in your best interests to run indoors.

Have a question about working out?
Ask the staff !

- *If you have a history of heatstroke or illness, run with extreme caution.
- *Run in the morning or late afternoon hours to avoid the peak heat of the day
- *DO wear light colored breathable clothing.
- *DO NOT wear long sleeves or long pants or sweat suits. Purposefully running in sweat suits on hot days to lose water weight is dangerous!
- *Plan your route so you can refill water bottles or find drinking fountains. City parks, local merchants, and restaurants are all good points to incorporate on your route during hot weather running. Be sure to tell someone where you are running how long you think you will gone, and carry identification.

www.rrca.org