


Summer Fit

Nawaz Modi Singhania
on how to stay fit and
cool this summer.



Summertime... and the living (ought to be) easy... But reality bites! Summer is anything but easy for so many of us. All those hot, happening bodies seem to be on parade! Are we really slim, fit and toned enough to wear those shorts, summer dresses and bikinis that summer and beach holidays warrant? Sadly, for most of us, the answer is in the negative! It can be a very stressful period. Low self-esteem and self-consciousness can kick in big time!

What can you do? While your motivation levels are high, get active and watch what goes into your mouth!

WHAT TO DO

Summertime is great for outdoor activities like roller-blading, swimming, aqua aerobics, gyrokinesis, walking and biking. Enjoy the weather, the fresh air and change of scenery. If you're on a beach holiday, surf, swim, play ball on the beach. Of course, other regular forms of exercise are always an option such as gymming, stair climbing, rope skipping and aerobics.

HOW TO DO IT

Start with at least three sessions a week if you're new to exercise. Initially, you can keep your sessions shorter, say about 30 minutes, but gradually work that up to an hour. Keep your workouts at a low to moderate level of intensity as that is where you're burning fat and inches, and make sure your workout is continuous. You shouldn't be stopping and starting in between. In addition to your cardio activity, take on a 10-15 minute muscle toning regime, which targets many muscle groups together such as push-ups, plank holds, squats and lunges.

EXERCISING IN THE HEAT

It's important to take precautions with regard to exercising in the heat. Stay cool by:

- Wearing cotton. Avoid wearing synthetics such as lycra, nylon and spandex. Synthetics do not let your skin breathe, thereby trapping the heat which is expended during your workout between your skin and your clothing. This way, the body is unable to release heat via sweating. Cotton, on the other hand, allows the skin to breathe freely by dispensing of body heat via sweat.
- Wear light colours as they are cooling. Dark colours are heaty and hence avoidable.
- Wear exercise gear with less material. Cycling shorts, shorts and sleeveless t-shirts are more cooling than track pants and long sleeved t-shirts.
- Drink more fluids. Plain water is best. We sweat more in the summer and so to make up for the lost water through sweat, we should consume more water.
- Lower your exercise intensity during summer as the body is prone to heating up more rapidly and easily at this time. To make up for this, we need to work out a little less hard. Heat cramps are a very real possibility during the summer and to avoid them, ensuring one doesn't over-heat the body is important.
- If you're a girl, keep your hair tied up and out of the way to stay as cool and comfortable as possible during your workouts.
- Remove body hair frequently. Sweat coats our body hair, giving out an odour. To stay odour-free, comfortable and cool, the more hairless you are, the better off you (and others around you) will be.



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