Lake Hair, Don't Care

The days are getting longer, the water is getting warmer, drinks are getting colder, and the music is getting louder. Summer officially starts June 21st! As our daylight hours increase we tend to get busier and busier. You may have found yourself out on the water, taking in the beautiful 80 degree weather that we have already had. Before you know it, your normal workout routine has gone by the wayside so that you can spend more time at the beach and barbequing. Here are some activities that you may already planned in your day to help you still burn those calories and achieve a good workout.

<u>Swimming:</u>

The most desirable place to be on a nice summer day is the lake. If you're up for a leisure swim, you can burn about 150 calories in 20 minutes. This is based off of 175 pound person[1]. Treading water for 28 minutes total will also have the same effect.

<u>Volleyball:</u>

Whether you are in the sand or in the water, outdoor volleyball can help you burn off a hot dog, or two. A 185 pound person can burn 133 calories every 30

minutes of water volleyball and 355 calories every 30 minutes of beach volleyball[2].

Cornhole:

Believe it or not, the popular yard game of cornhole may burn a few of those extra calories that you consume within the warm summer months. According to MaxFitness, an averaged size person can burn up to 180 calories/hour by playing the game[3]. It's not much, but at least it is something!

Even though your schedule may be jam packed full of fun activities, just remember to keep moving. A healthy lifestyle is all about balance between what you ingest and what you expend.

Information Sourced From:

1. www.healthassist.net/calories
2. https://www.livestrong.com/article/301045-calories-burned-playing-volleyball/
3. http://maxfitnessftw.com/exercise-2/5-fun-backyard-games-that-will-help-you-burn-calories/