



Staying Motivated All Summer Long! 5/11/09

What better time of the year to be healthy and active but the Summer time? The weather is warm, the days are longer, and most of us have more fun activities planned. Although this is true, many of us find ourselves in the pitfall of cookouts, barbeques, and vacations that could set us back from reaching and maintaining our goals. Use the tips and resources in this e-mail to enjoy your summer safely and healthfully.

Tips for Staying Healthy on Vacation

Exercise

- Bring along your own "hotel fitness plan" which doesn't require a lot of equipment or space by using your own body weight or portable resistance bands.
- Stay at a hotel with a fitness center and/or swimming pool
- If the nearby area is safe, explore the surrounding areas by walking. Bring your camera to take pictures on the walk!
- Always pack sneakers and exercise clothing - then there's no excuse!
- Have a workout buddy to help motivate each other
- Exercise first thing in the morning to escape the heat, and get it over with!

Nutrition

- If your hotel room has a refrigerator, be sure to stock up on healthy snacks and foods, which can also help save on \$\$\$!
- Avoid excessive alcohol consumption, and tropical fruit drinks, which can pack up to 300 calories per drink!
- When eating out, ask to wrap 1/2 of your meal (if you have proper refrigeration). That way you are less likely to overeat, and will have a second meal later on!
- Make sure summer salads are not covered in high fat dressings like ranch or Caesar- ask for oil and vinegar on the side or dip your fork in the dressing instead of pouring it over your salad.
- Always eat breakfast - include healthier options such as fruits, cereal and oatmeal
- Limit portion sizes at all-you-can-eat buffets

Safety in Hot and Humid Weather

- Always have a bottle of water at hand, especially if you are exercising— invest in a BPA free water bottle and re-fill all day long (save the planet too!)
- Decrease your exercise intensity when the weather is hot and especially humid. Humidity inhibits the evaporation of perspiration, which limits the ability to cool off your body.
- Try to exercise in an air conditioned facility on extremely hot and humid days.
- Exercise early in the morning or later in the afternoon to avoid direct sunlight.
- Wear sunscreen and a hat- protect your skin from the sun's dangerous rays

Resources to Escape the Heat

- If you live near by, sign up for a **Summer Membership at the SCSU Fitness Center for only \$35! Everyone pays the same price— faculty staff and students!!** For more info, [CLICK HERE.](#)
- Climb your way to the top of your fitness program with a trip to the [CT Rock Gym](#) in New Haven!
- Find a local roller or ice skating rink to add some variety to your workout routine.
- Sign up at your local YMCA and use the pool to cool off and get a great workout!

NOTICE

Participants from the 08-09 school year will remain on our list until we receive notice of your wish NOT to receive communications. If you are graduating or no longer affiliated with SCSU- you will NOT be eligible for prizes or to attend events.

Wellness Tip

Keep your skin looking young and cancer free!

Be sure to wear sun block when spending time outside! Always remember to re-apply after sweating or exposure to water.

Use Music to Stay Motivated!

Listening to your favorite songs on your iPod or mp3 player will help motivate you to workout harder and longer.

Try the playlist provided by the Southern on the Move committee members!

- Bon Jovi - It's My Life
- Snap! - I've Got the Power
- Tina Turner - The Best
- Irene Cara - What a Feeling
- The Veronicas - Untouched
- Gloria Gaynor - I Will Survive
- James Brown - I Feel Good
- Vampire Weekend- A -Punk
- Survivor - Eye of the Tiger
- Shakira - Hips Don't Lie
- Katrina and the Waves - Walkin' on Sunshine

**Southern
on the MOVE**



www.SouthernCT.edu/OnTheMove