

QUOTE OF THE MONTH

“In summer, the song sings itself.”

- WILLIAM CARLOS WILLIAMS



Tune Up this Summer

Need a new groove and wellness routine this summer? Join wellness challenges, track your progress, read articles, and learn from wellness coaches.

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FEATURED ARTICLE

Learn to Love Your Summer Workout-Even in the Heat!

Put the cool-factor back into your workout routine with these tricks from top pros.

[Learn more on page 2 ▶](#)



FEATURED ACTIVITY

Take an Evening Walk: Log 12 times

Take advantage of those warm summer evenings.

[Read more on page 4 ▶](#)



VIDEO COACHING SESSION

July Video Coaching Sessions

CaféWell coaching sessions offer great ways to stay happy and healthy all month long.

[Learn more on page 5 ▶](#)



FEATURED ARTICLE

Learn to Love Your Summer Workout—Even in the Heat!

These keep-it-cool tips will help you stick with your fitness routine when the temperature rises.

The only problem with hot weather is that, well, it's so darn hot outside. During the summer months, put the cool-factor back into your workout routine with these tricks from top fitness pros.

Adjust your body temperature. Hop into a cold shower before your workout. Research suggests that a pre-exercise cooldown may help improve performance in the heat—

probably because it lowers your heart rate as well as core and skin temperatures. Too chicken to try it? Even just cooling your neck or head with an ice pack may make a difference.

Change your route. Does your usual running route leave you broiling in the sun? Find a shady new one by exploring new paths through your neighborhood or a nearby park. If you usually work out midday, when the sun is highest and shade is scarce, you may want to adjust your schedule to see if you can exercise in the early morning or evening hours.

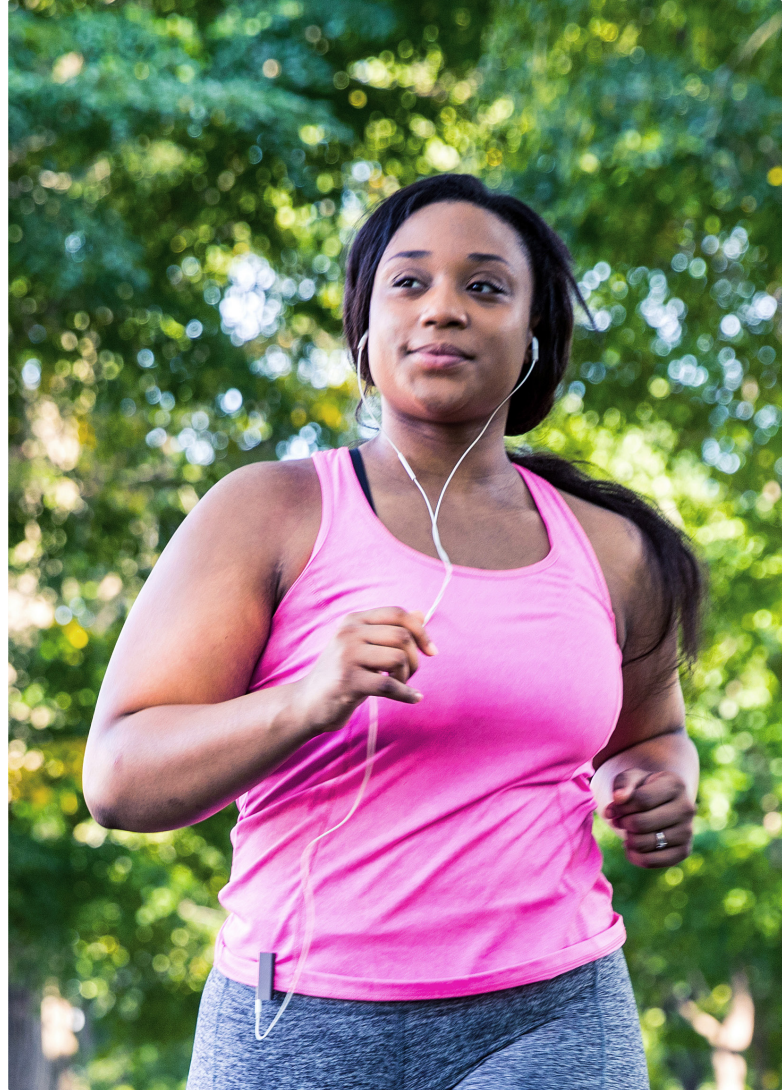
Keep tabs on your heart rate. The hotter it is, the harder your body has to work—so if you normally run at a 9-minute-per-mile pace, you may find yourself having to slow down to a 10-minute mile when the temperature rises.

“This is where a heart-rate monitor comes in handy. You can make sure you’re not pushing yourself too hard in warm-weather conditions, which can up your risk of heat exhaustion or even heatstroke,” explains Todd Durkin, owner of Fitness Quest 10 in San Diego.

An even-simpler way to check that you’re not overdoing it: Try to recite the Pledge of Allegiance. You’ll know you’re exercising hard enough when you have to take a quick breath every three to six words (murmur it under your breath if you’re worried about getting funny looks).

Get in the dirt. Try to walk, run or cycle on dirt or gravel paths, since asphalt and concrete tend to radiate heat and reflect the sun’s rays, making you feel hotter. Live near water? Take advantage of the breeze on steamy days; if possible, start out with the wind at your back, so when you’re finishing you’ll be running into a headwind, which is cooler.

Switch to interval training. To keep your fitness level up when the mercury is up too, do your regular cardio (whether it’s walking, running, swimming or biking) at a slightly slower pace, but add in 30-second speed bursts every three to five minutes. You’ll maintain your conditioning and burn more calories without having to go all-out the entire time, says Doug Chapman, president of Hyperfit USA, a fitness boot camp in Ann Arbor, Michigan.



Make like a pretzel. Turn the rising temperature to your advantage and concentrate on improving your flexibility with some yoga moves. “When your body temperature is up, you can go deeper into a pose,” says Edward Vilga, author of *Yoga for Suits* and a yoga instructor from New York City. One move to try for perpetually tight hamstrings: Stand and bend forward from the waist, reaching toward the floor (if you’re not flexible enough to touch the ground, put your gym bag or a tote in front of you and touch that). Hold for 5 to 10 breaths. To stretch your hips—another inflexible zone—sit with one leg crossed over the opposite thigh and bend forward, keeping your arms outstretched; hold for 5 to 10 breaths.

Practice random acts of fitness. Sneak in little bits of exercise with some summer-friendly activities. For example: Washing the car for 30 minutes burns about 100 calories for a 140-pound woman; gardening burns 128. Other options: throwing a Frisbee, walking the dog, playing a game of volleyball (all about 100 calories), mowing the lawn (176 calories), biking around the neighborhood (192 calories) or Hula-Hooping, which burns about 50 calories in just 10 minutes.

Protect your head. A mesh visor is a great way to shield your face from the sun while still allowing excess heat to escape from your head. If you're biking, consider one of the new helmets that have deep vents to provide breezy airflow.

Refuel with fruit. They're more than 80 percent water, so fruits such as grapes, watermelon, cantaloupe and honeydew are a tasty way to replenish fluids and boost your energy post-workout, says Leslie Bonci, M.P.H., R.D., a dietitian specializing in sports nutrition in Pittsburgh. Keep 'em frozen for a refreshing treat. Other good options: Smoothies, frozen yogurt or Jell-O with fruit chunks. "They provide the perfect mix of carbs and fluid and they're easily digestible in the summer heat," explains Bonci. If you've lost a lot of salt (hint: your clothes have white sweat stains after a workout), replace sodium by drinking V8 juice or a sports drink. 🍷

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FEATURED ACTIVITY

Take an Evening Walk: Log 12 Times this Month.

Instead of hitting the couch right after dinner, take advantage of warm summer evenings by taking a walk first. You'll burn some extra calories, sleep better, and start a healthy habit that will serve you well this month and beyond.

Walking is a simple, yet effective, way to boost your metabolism after a meal. Even if it's only five minutes, get in the habit of taking a walk after your evening meal—you may find you'll want to keep going longer! Grab a friend, a pet, or a partner and help them build a healthy habit with you!

To complete this challenge, log 12 times you took an evening walk this month. 🌀



FEATURED VIDEO COACHING SESSION

Live coaching sessions offered in July cover a variety of health topics to help you beat the heat. Get tips on how to stay in shape on vacation, easy and delicious ways to enjoy summer fruits, and practical strategies to manage stress. Visit CaféWell and sign up for the session that's right for you! ☺

Reserve your space now at
www.magellanhealth.com/member.

CaféWell coaching sessions offer some great ways to stay happy and healthy all month long.

Titles include:

- **The Only Summer Workout You Need**
- **Go on a Daily Vacation**
- **Summer Watermelon—Dressed Up!**