

Mission In Motion
Health & Wellness

July 25, 2012

News from the Blues
Share the Wellness
Summer Tip



Scenic, Sandy and Good for Your Health

This summer there's no need to take a vacation from exercise. In fact, if you are planning to hit the beach you can still get in a workout. If it feels like you're working harder when you walk on sand, that's because you are. When you walk on the beach, you exert about 80 percent more energy than when walking on a hard surface. Hoofing it on sandy surfaces can be a fun way to stay active, burn some calories and tune up your cardiovascular system during a vacation.

To get the most from your beach walks:

- ◆ Wear walking shoes — they help prevent cuts from broken glass and litter. If you find an area where the sand seems trash-free, you can try kicking off your shoes for a bit. Strolling barefoot in the sand massages your feet and keeps toes strong and flexible.
- ◆ Walk close to the water where the sand is most firm and flattest. Change directions frequently so both feet and legs are getting equal time on the steeper part of the slope, and stretch out your calves after your walk.
- ◆ Know where you're headed. Obey warning signs on the beach that show where you can tread safely. Don't hike beyond fences.
- ◆ If you have arthritis, you might want to skip walking by the shore, especially if the sand is dry and loose. The uneven surface could cause pain in your legs or, worse, an injury.
- ◆ Don't forget to apply your sunscreen of SPF 30 or higher at least 30 minutes before hitting the beach, even if the weather is hazy or cloudy.

Want to work out with others on the beach? For a moderate workout, play Frisbee. For a more vigorous exercise, throw up a net and play some beach volleyball. How are you staying active and safe in the sun this summer?

Sources: *Prevention.com*; *AARP*

