

12 Steps to Better Health

Step 6: June

Get Fit in the Water

Stay cool and fit this summer by doing these simple exercises in the pool:



- **Toning Arms.** Hold a ball underneath the water and smoothly move it in a figure 8 pattern.
- **Water Marching.** March in place with your arms and legs extending out as far as you can. Start with two minutes at a time. For more of a challenge, go as long as you can until you are out of breath.
- **Jumping Jacks.** Bend your knees and spring up off the bottom of the pool as high as you can. As you jump, kick your legs out to the side pointing your toes down and swinging your arms out to the side and up above your head so that your limbs form a star shape. Land with your knees bent and feet apart. Repeat this 10 times.
- **Waste Trimmer.** With your back against the poolside and arms along the edge for support, draw the knees to your chest. Extend your legs straight ahead. Inhaling, swing legs to your left and then to your right and back to the center. As you exhale move legs to front and withdraw to chest. Repeat this 10 times.
- **Standing Kickbacks.** Stand an arm-length way from the pool wall. Keep your shoulders relaxed, your feet together and arms hanging by your sides. Breathe normally. Rest both of your hands against the pool side at shoulder height. Keep your arms straight. Bend your knees a little, tucking in your bottom as you do so. Using your buttocks and thigh muscles, raise your left leg and swing it gently back. Keep the supporting leg bent a little and do not raise your leg too high. Repeat 5 times with each leg.
- **Floating.** Relaxation is an essential aspect of completing an exercise routine. Let your body loosen up and float on the water. Swimming is a great form of exercise that can also allow you to relax.

Visit these websites for other exercise tips:

www.womenfitness.net
<http://www.escambiahealth.com>





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Hydrate for Health

Water, water everywhere . . . But how much *do* you really drink!?

- About 2/3 of the average adult human body is water.
- Our bodies use, and lose, water 24 hours a day: Our cells use it in their daily functions; we give it off when we talk, breathe, cough or sneeze; and, of course, we lose it when we sweat and even when we go the bathroom.
- Many of us do not regularly drink enough water to keep our bodies functioning at full capacity.
- As the days get hotter and longer, we will spend more time working in the yard, going to the beach, fishing, boating, playing and *sweating*.

So think about your drink! Make water your beverage of choice. Here are some tips to help you to get more water in your diet.

1. **Start your day with a glass of water. It will replenish what you lost while sleeping.**
2. **Replace a glass of soda, coffee, tea, fruit drink or juice, sports drink or other beverage with a glass of water.**
3. **Drink water with meals.**
4. **Flavor water with a slice of citrus or piece of fruit; frozen fruit will add flavor *and* help to keep your water cool. Seltzer water will add a fizzy kick for even more variety.**
5. **If you find yourself heading for the snack machine and know that you don't have the calories to spare, drink a glass of water instead; chances are that the munchies will go away about 15-20 minutes later.**