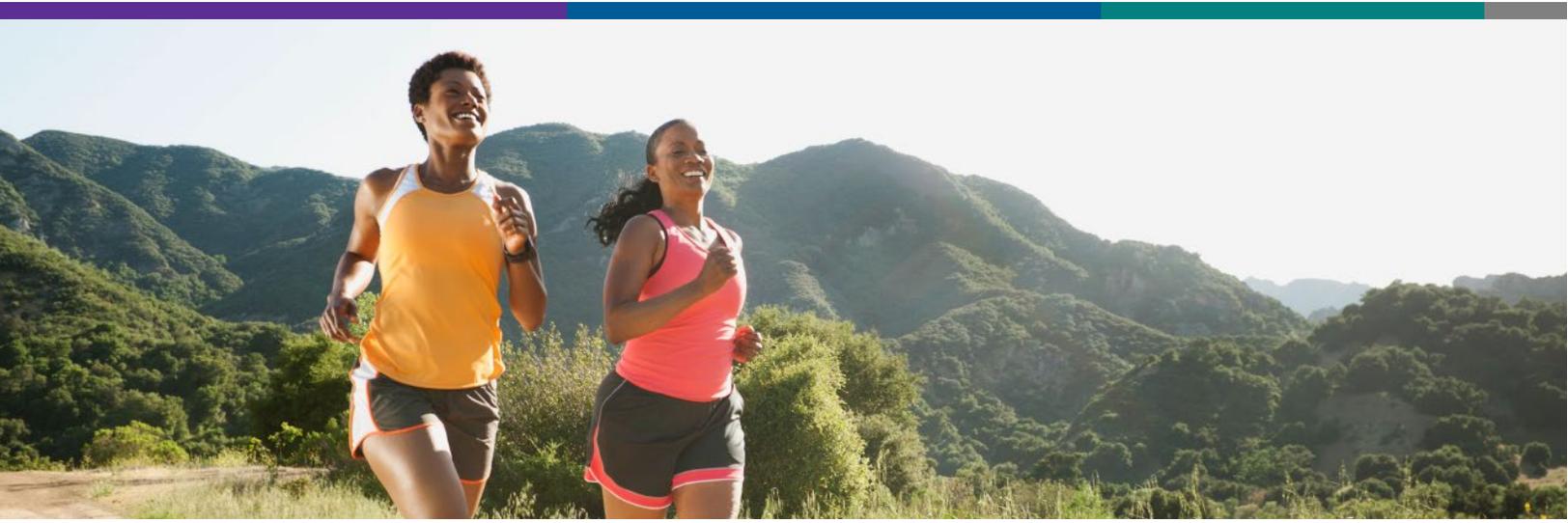


# Boost Your Step Count This Summer — Our Best Tips



As summer temperatures rise, your motivation to get outside and get in your steps can plummet. But don't let a little heat and humidity stop you from keeping up with your workouts.

Here are our best tips for racking up that step count even when your body — and your mind! — feels sluggish during the hottest days of summer. Don't forget to hydrate. Drinking water is important during any physical activity, especially in the warmer summer months.

1

## Get in your walks early or late in the day

Even the hottest spots tend to be cooler in the morning or evening. So set your alarm clock a little earlier and beat the heat. Or take advantage of longer days and schedule your walks for the sunset hour.

2

## Exercise by an ocean, lake or pond

This gives you a better chance of catching a cool breeze coming off the water. Plus, the gorgeous views will inspire you to walk longer and farther. Want to go all-in? Try a water aerobics class!

3

## Lighten up your gear

Make sure you change up your workout gear when the hot weather hits. Go from pants or leggings to shorts. Trade in your fleece for a tank top. Invest in some lighter mesh walking shoes. And don't forget the water and sunscreen.

4

### **Get creative outdoors**

There are so many great ways to get in your steps that don't involve your usual neighborhood walk. Hit the tennis ball with your partner. Do some gardening. Don't have a garden? Find a neighborhood garden near you!

5

### **Bring Fido along for inspiration**

While you may not feel like heading out to walk in the heat, you can bet your dog is! Snap on the leash and take short walks a few times a day. You'll both feel better!

6

### **Find a summer walking buddy**

It's always easier to get out and about if you've got a friend to go with you. You won't even notice the heat if you're spending your walking time socializing!

7

### **Hop on an exercise bike**

You don't have to go anywhere to raise your step count. Just hop on an exercise bike and start pedaling. You'll get all the benefits of walking while staying cool in your house or gym. Plus, you won't be putting excess stress on your joints.

8

### **Go on shorter, more frequent walks**

When the weather is more extreme, long walks often just aren't doable. Instead, trade your typical 45-minute walk for three 15-minute walks spread throughout the day. The overall step count will be the same, but the walks will be easier to tolerate.

9

### **Choose the stairs (always)**

Get in the habit of always taking the stairs instead of the elevator. Since most of your stair climbing will be inside, it's a great way to boost your step count without getting all hot and sweaty.

10

### **Clean your house**

Get out your vacuum and other cleaning supplies and do a deep clean of a room — or the whole house! An hour of good cleaning can rack up a surprising amount of steps. And just think of how happy you'll be to relax afterward in your sparkling living room.

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