

# Walk **NEBRASKA**

## **Ideas to beat the summer heat...**

In Nebraska, when we talk about “weather” being a barrier to physical activity, we usually think about battling the cold winters but the hot summer temperatures can also be a challenge.

Are you about ready to “throw in the towel” because it’s just too hot to go outside? Please don’t. As you’ve heard many times, maintaining physical activity is essential to good health. According to the President’s Council on Physical Fitness and Sports, “Daily physical activity helps to lower blood pressure and cholesterol, helps prevent or slows down osteoporosis, and helps reduce obesity, symptoms of anxiety and depression, and symptoms of arthritis.”

If keeping up your physical activity campaign in this weather has become a challenge, please consider these alternatives:

Take advantage of cooler morning or evening times. In addition to the cooler temperatures, another benefit of early morning or late evening exercise is the wonderful scenery cast by a beautiful sunrise or sunset!

Take advantage of indoor locations. Sites like shopping malls, community centers and gymnasiums that allow indoor walking as protection against the cold are also probably available during the summer for those who prefer an air conditioned environment for summer exercise.

Modify your activities but don’t give up! According to MyPyramid.gov, 30 minutes of physical activity is recommended for health benefits, but you don’t need to get all 30 minutes at once. Your activity can be divided into two or three parts during the day. Modifying the length of your activity to two 15-minute or three 10-minute periods will still yield the same benefits.

So, find a way to keep working at your physical activity goals despite the weather. After all, doesn’t it seem better to maintain your stamina than to have to start all over again later?

**Know how. Know now.**



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