Get More Active This Summer

With the increase in sunny days and warmer temperatures, summer is a great time to enjoy the outdoors. Gone are the cold rainy days of Spring and gone are the excuses for not wanting to exercise outdoors.

Here are 5 activities to increase your physical activity this summer:

Hiking

Hiking is not just a great outdoor physical activity but also allows you to explore the wilderness. There are a large variety of hiking trails available in the Vancouver area with varying distances and difficulties. If you want to challenge yourself, I recommend picking a trail with a high elevation.

Swimming

Although swimming can be done year-round, the summer months give us the opportunity to swim in outdoor pools or near the beaches. Swimming is one of the best forms of cardio, as your whole body is working, and there is less impact on your joints.

Outdoor Sports

Although a lot of outdoor sports have indoor options, the summer gives us a great opportunity to do these sports outdoors. Being outdoors allows us to enjoy the cool summer breeze and take in the benefits of sunlight while playing our favourite sports.

Running

Summer is the time to ditch the treadmill and run outdoors. Without the rainy cold days of Spring, there are no more excuses for why you should be running on a treadmill rather than outside.

Weight Training

The summer allows a host of outdoor physical activity options, but none of these exercises challenge your muscles the same way resistance training does in the gym. Resistance training should still be a staple in your exercise routine, working out your full body at least twice a week.