

Healthy Habits for Summer

Summer is upon us with longer days, warmer temperatures and people are usually at their happiest. Here are 5 healthy habits to get into to maximize this summer.

Eat more fruit

Increased availability of summer fruits makes it easier to fulfill the recommended quota of 5 servings of fruit and vegetables per day whilst boosting the immune system.

Increase water consumption

In summer months we are more inclined to drink the recommended daily amount of 2 litres of water needed for optimum health.

Increase activity

Summer is a great time to start a new exercise regime or take up a new sport. Contact your fitness instructor and they can design a customized program to help you keep active and reach your fitness goals this summer.

Boost vitamin D

A boost in vitamin D is important to maintain healthy bones, teeth and muscles.

Improved mood

With this increased vitality and energy our mood will improve helping us to take full advantage of the summer.

