

# Beachy Keen!

What with the upcoming heat wave, you're sure to head down to the water to keep cool. Here are six sneaky calorie-burning activities to stay fit and have fun at the beach!



## Take a walk

The sand is uneven, so your muscles will work harder to keep your balance as you move along the uneven surface. The deeper and looser the sand, the harder you'll work!

## Run underwater

Run along the length of the beach in chest-deep level water for increased resistance applied to your whole body. Plus, being in the water will help you keep cool in the heat!

## Play Frisbee

Grab a couple of friends or family and toss a Frisbee around to each other! You'll improve your hand-eye coordination and agility as you run around trying to catch the darn thing.

Remember to keep hydrated and wear sunscreen in hot sunny weather!

## Jump waves

This beach game helps increase the muscle strength and power in your legs. Hop over the waves as the tide rolls in (or out) for a workout that doesn't feel like a workout!

## Build a sandcastle

This childhood classic is great for fitting in some squats! Plus, carrying buckets of sand back and forth from the shore water is great for developing arm strength.

## Swim

If you can do it, swimming is great cardio! It's refreshing and low-impact, which is what you want if you have joint pain.

**Reference:** Get Fit at the Beach. (2011, July 19). Retrieved June 7, 2015, from <http://www.womansday.com/health-fitness/a5745/get-fit-at-the-beach-119737/>

**Image:** <http://french-raccoon.tumblr.com/post/112653709800/panorama-kitsilano-beach-vancouver-bc>