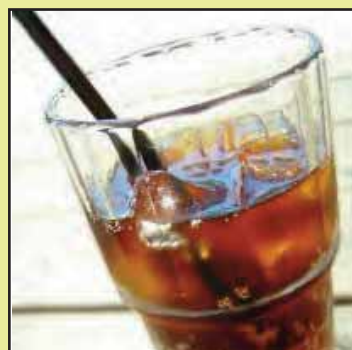


The summer is on its way

The summer is on its way, nice weather, hopefully, barbeques, possibly, and weeks of soaking in the sunrays, doubtfully, but the one thing we should be sure of is our health. Here are 4 top ways to keep you healthy this summer, without having to spend endless amounts of time slogging it out at the gym.



1. Eating Healthy By eating healthily we are not for one moment suggesting that rabbit food is the only thing on the menu. The phrase healthy eating means to start each day with a healthy breakfast and this should not include any cereal with more treat than nutrition. Special K is a great way to start the day, and Weetabix seems to be one of the favourite choices for healthy eaters, boosting your metabolism and setting you up for the day. You could also have a slice of toast for much needed carbs and the occasional full English breakfast won't do you harm. For lunch and dinner there are so many options to keep your diet balanced. Salads once or even twice a week for dinner is the right way to go and if you include some meat with your salad it will boost the taste and provide you with a healthy, delicious and filling meal.

2. Fresh air It is so under-rated the health benefits that can be related with getting a good amount of fresh air. If the idea of running laps round a field seriously bores you then there are alternatives. I detest the idea of running so instead I take my little brother to the

park with me and we simply just run around playing games, you could do the same with a dog if a small sibling is out of the question. You could just walk around whilst it fetches you sticks and tennis balls; but don't forget to play with the dog. This could be all you need for a day's 'fresh air' depending on how long you are gone for.

3. Exercise This is different to just getting fresh air, exercise is generally seen as a long, tedious thing to do, but there are many ways you can exercise without having a cardiac arrest at the gym. Football is a great way best to exercise, it will definitely cause you to break into a sweat if it's a hot day and even if you're not very good at football it doesn't matter as long as you enjoy it! Swimming is another way to exercise, during the summer. If you do go with your mates take 10 minutes on your own just do a few laps of the pool, raising your heart rate, burning fat and building muscle. Swimming is fun and oh so good for you, can it get any better?

4. Drink sensibly, truth be told, large alcohol consumption is un-healthy in the long run resulting in an unsightly beer belly and life threatening liver problems. Most people enjoy sensible drinking but know that its negative effects on your health are irreversible and should be avoided at all costs. Bottoms up! So in other words drink lots of water.

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