



# Staying Fit in the Lazy Hazy Days of Summer

By Elizabeth Eisenstadt-Evans

Think summer at the shore, and what comes to mind? Be honest now. Eating frozen custard and salt-water taffy while strolling the boardwalk with your kids? Hours under the beach umbrella doing nothing more energetic than turning the pages of the latest Dan Brown or John Grisham novel? Pasta-mania at the beach house when your twenty cousins come down to the beach house for the weekend?

Let's face it. Junk food, lightweight reading, fun family meals, and a relaxed lifestyle are part of what makes the summer a good time. But if you aren't careful, summer pleasures without the healthy balance of regular activity can not only pack on the pounds, but can also affect your mood, leaving you feeling sluggish and cranky.

Whether you are cramming the family into a condo at Wildwood, spending the summer at a cabin in the Poconos, or simply hanging out on your deck watching the deer eat your perennials, we have some ideas to make this summer the one in which you stay true to your fitness goals, make new friends, and perhaps even end up volunteering your time for a good cause.

*If you are seeking ideas to get you ready to spring into summer, read on...*

## MAKING SUMMER FITNESS A SHORE THING

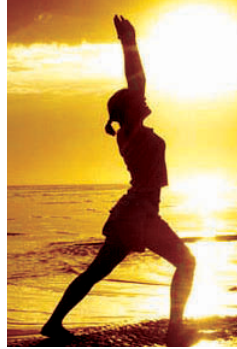
Take some of that unregimented time this summer and do something healthy, both for yourself and a stranger who might need your help. Opportunities to participate in runs, bike rides and swimming events for charitable causes abound.

Here's a smorgasbord of events going on at the Jersey shore and vicinity this summer. Troll the websites of your favorite charities and you will surely find a lot more.

- **June 2, Jersey Shore Tour de Cure, Lincroft**  
[www.diabetes.org/tour](http://www.diabetes.org/tour)
- **June 23, ALS Express Bike Ride, Wildwood**  
[www.als-express.org](http://www.als-express.org)
- **July 28, Jersey Genesis Triathlon Port Republic**  
[www.active.com](http://www.active.com)
- **July 28, Bambino Biathlon for kids 5-12, Port Republic**  
[www.active.com](http://www.active.com)
- **August 26, Stone Harbor Lions 10K, 5K Run**  
[www.active.com](http://www.active.com)
- **September 9, American Red Cross Rock n' Ride Bike Tour, Harvey Cedars (732) 493-9100**
- **September 30, 33rd Annual Firefighter Memorial 5k Run, Sea Isle City** [www.seaisletourism.org](http://www.seaisletourism.org)

Participating in a sporting event also offer an opportunity to spend time with old friends and perhaps meet some of your neighbors. If you want to keep that competitive groove going all summer, check out the 2007 SBLI Jersey Shore Grand Prix, which begins on May 26 at Spring Lake and concludes on Labor Day at Long Branch (<http://jsgrandprix.jsocr.org>).

Are you looking for activities for the whole family? If you are in the Cape May area, the local brand of the New Jersey Audubon Society offers various cycling events and other family-centered opportunities ([www.njaudubon.org/centers/nccm](http://www.njaudubon.org/centers/nccm)).



## MOVING IN THE MOUNTAINS: A POCONOS SAMPLER

Start your summer early with the May 6 Annual Pocono Mountains run for the Red (the Red Cross, that is). Starting at Clear Run Elementary in Tobyhanna, the race ends at the Stroudsburg High School Stadium. ([www.poconomarathon.org](http://www.poconomarathon.org).) On June 2, Hickory Run State Park in White Haven has a variety of hikes throughout the day, from long and grueling to moderate, to interpretive as well as exhibits. ([www.dcnr.state.pa.us/stateparks/parks/hickoryrun.aspx#contacts](http://www.dcnr.state.pa.us/stateparks/parks/hickoryrun.aspx#contacts))

The Wildland Conservancy's preeminent event, the Lehigh River Sojourn, a multi-day canoeing, kayaking and whitewater-rafting event, takes place June 22-25. Call (610) 965-4397 for more information. Check out [www.delawareriversojourn.org](http://www.delawareriversojourn.org) for a seven-day canoeing, camping, education and historical program on each section of the Delaware from June 24-30. A one-day experience is also offered.

Or take a cooling swim in the lake at Mauch Chunk Lake Park in Jim Thorpe. The Park is open daily from 11am-7pm in July and August. Call (570-325-3669) for more information.

## AND IF YOU ARE STAYING AT HOME?

Most of us will be spending at least a few weeks of summer down time at home. What can we do to make sure we stay fit? How about an energetic bike ride? If you weigh 140 pounds, speeding down the road at 12-13.9 miles per hour burns 509 calories. Walking around the garden getting your tools only melts 191 calories, but weeding and cultivating debits you 286. A collegial game of badminton burns 286 calories, but an upper-crust game of croquet only 159. While a lot of fun, sitting, relaxing and talking at that family reunion is only worth 95 calories an hour. If you want to save up some calories for the reunion, go for a run—a 5.2 mph pace burns 573 calories, while a 6mph pace is 636 calories (all counts taken from the website [www.mycalorie-counter.com](http://www.mycalorie-counter.com)).

There are almost as many choices for summer fitness as there are people—create a program that works for you. And whatever you do to stay fit this summer, make it fun. Activities that are energizing, social, and challenging are the ones that are going to keep you on track even after the hot weather and cool water is a happy memory.



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