

SUMMER BODY TOOLKIT

Maximize Results with Smart Nutrition

- 
- A woman with blonde hair, wearing a camouflage baseball cap, sunglasses, a red life vest over a grey tank top, and blue shorts, is smiling and paddling a blue kayak on a calm lake. The background features a dense forest of green trees and a rocky shoreline with a small wooden pavilion. The water reflects the surrounding greenery and the clear blue sky.
- Fun outdoor workouts
 - Best pre- and post-workout snacks
 - Hydration tips and more!



FRANCES LARGEMAN-ROTH

food and nutrition for your whole life

SUMMER BODY TOOLKIT

Maximize Results with Smart Nutrition

There are so many things to love about summer — like spending more time outdoors and soaking up that vitamin D! For many of us, our fitness goals change during the summer (it is bathing suit season after all) and we want to kick our calorie-burning into high gear.

To help you maintain a healthy summer body on the inside and out, I put together this **Summer Body Toolkit** with everything you need to maximize results while staying nourished, hydrated and safe in the sun.

The bottom line: fueling your body with the right foods will make your workouts better, easier and more effective. This guide will help you figure out when and how much to eat both before and after each sweat session, what types of fuel will be easy to digest and help you maximize your workouts, plus which nutrients are most important and why, such as:

- **Potassium** and **magnesium** to prevent muscle cramps
- **Antioxidants** to combat oxidative damage that comes with intense exercise
- **Protein** to repair muscles and **complex carbs** to prevent a mid-workout crash

Here's to a healthy and happy summer,

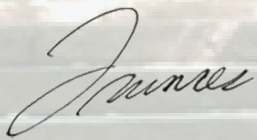


TABLE OF CONTENTS:

• Fun Outdoor Exercises.....	p. 3
• The Best Pre-Workout Snacks.....	p. 5
• The Best Post-Workout Snacks.....	p. 6
• Hydration 101.....	p. 7
• Bonus Grocery Shopping List.....	p. 8

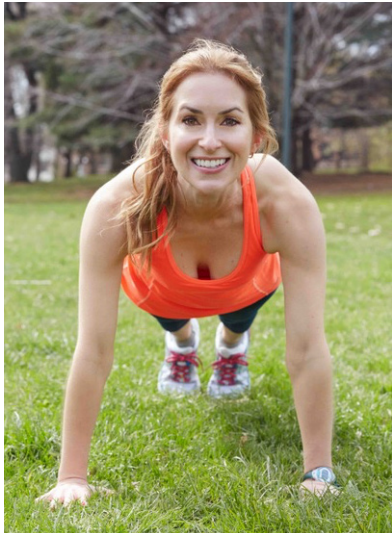


FRANCES LARGE MAN-ROTH

food and nutrition for your whole life

FUN OUTDOOR WORKOUTS

Nutrition is just one part of the equation when it comes to getting in shape. Fitness is the other half of course. You probably already know that my favorite way to work out is outside — no matter the time of year. I reached out to some of my rock star fitness friends and asked them to share their #1 outdoor move. Get ready to sweat with these 6 fun outdoor exercises!



1. THE PLANK

From Joanna Paterson, owner of [Bodiesynergy](#) in Brooklyn, NY

Why she ♥ it: It's a safe, effective way to strengthen your core and activate your whole body. You can do planks almost anywhere, however doing them outside allows our breathing to relax so we can connect with our strength long enough to hold the position effectively.

How to: Start with 30 second hold and increase to 45 seconds, then 60 seconds. Repeat 3-5 times per workout.

PRO TIP: Finding Time for Daily Workouts

If you're like me, finding time to exercise can be a challenge, especially when you're balancing kids and work. My trick? Put your exercise gear on right when you wake up (before you even brush your teeth!)

[Click here](#) for more of my motivation tips!



2. THE STEP-UP

From Pete McCall, host of the [All About Fitness](#) podcast

Why he ♥ it: It's perfect when going for a long walk or run outdoors.

How to: Find a low wall or sturdy bench; the height should be at or below your knees.

- **Forward step-ups:** Step up 1 leg at a time, hold the balance at the top for 2-4 seconds.
- **Lateral or side step-ups:** Stepping sideways, same as above - hold for 2-4 seconds.
- **Crossover step-ups:** cross right leg in front of left and step up - hold for 2-4 seconds.
- **Split-leg squats:** Place left foot on bench and use only right leg, sinking back into the hip.

Note: Complete 6-8 reps on each side. Do all 4 exercises on the right leg for a complete super set or circuit, then use the left. This will use ALL of the muscles in the hip and upper thigh.

3. SOFT SAND SQUATS

From Jim White RDN, ACSM EX-P, Owner of [Jim White Fitness](#) & Nutrition Studios

Why he ♥ it: This workout covers the total body and can be done whenever and where ever you are. Doing it on the beach (sand specifically) requires more stabilization and activation in the core, hip, knee, and ankle.

How to: Place feet shoulder-width apart, knees bent at a 90-degree angle, chest up and flared, hips sunk in, head looking forward, and arms either crossed or out in front. Do 3-5 sets; max rep each set.



FUN OUTDOOR WORKOUTS (cont.)

4. TRICEPS DIP

From Tanya Becker, Chief Creative Officer and Creator of [Physique57](#)

Why she ❤️ it: They can be done anywhere. Using a park bench is ideal, but any stable surface will do.

How to: Place your hands on bench with fingertips facing towards your body. Walk your feet far enough out so that your knees are over your heels. Your hips should be under your shoulders and you should be able to bend your elbows. Make sure to keep your shoulders pulled down your back as you begin to bend and straighten your arms. Repeat for 30-60 seconds or until fatigued.

5. TOTAL BODY WORKOUT

From [Don Saladino](#), celebrity trainer, owner of Drive 495 and Garden of Life Sport Line Partner

Why he ❤️ it: After a long winter, I love taking advantage of training barefoot on the grass. The natural sunlight helps you get fit while improving overall movement.

How to: Set timer for 5 minutes. Warm up with light skipping, high knees, side shuffles, grapevine, back pedaling, bounding and bear crawls. Do 10 reps of each and as many rounds as you can in 5 minutes. Follow warm-up with these exercises:

- 5 body weight squats to 5 toe touches
- 5 push-ups
- 10 walking lunges, 5 on each leg
- 10 lateral lunges, 5 on each side
- 10 lateral explosive push-ups (push-ups moving to the side), 5 on each side
- Prone cobras for 30 seconds
- Side plank with leg raise; 20 seconds each side

PRO TIP: Get Awesome Fitness Gear!

Have you heard of Crane & Lion, a yoga and workout apparel brand? As an FLR VIP, you get 25% off all orders of \$75 or more!

Their gear is perfect for yoga, Pilates, running, hiking, travel and day-to-day—plus, they've got fabulous swimwear, too!

Use code craneandlion25-FLR



Do as many rounds as you can in 20 minutes. Finish with five to eight 40-yard sprints, resting for one minute in between sprints.

6. PUSH-UP

From me!

Why I ❤️ it: You can vary the degree of difficulty by doing it on the ground (advanced), on a park bench (intermediate) or on a wall or the back of a bench (beginner). The push-up works not just the chest, but your biceps, shoulders, abs, triceps and even that tough to train little armpit muscle! For an extra challenge, you can put your feet up on a park bench to do decline pushups.

How to: Start from a plank position, with your hands wider than your shoulders and your neck in the neutral position. Legs should be hip-width apart. Pull your abs in and lower yourself down until your chest is nearly touching the ground, then immediately straighten your elbows and raise your body back to the starting position. Do 3-5 sets of 10-15 reps, resting briefly in between.



BEST PRE-WORKOUT SNACKS

The key to fueling up before a workout is to aim for simple foods that are easy to digest, like carbs and protein totaling 200-250 calories. Plan to eat about 1 hour before your workout (but if you're in a time crunch, grab a banana as you're heading out the door).



ULTIMATE POWER BITES

At 86-calories each, a few of these taste energy bites are just enough fuel for a 3-mile run or a 30-minute exercise routine. They help me get out the door when I don't have time for a full meal.

1/2 cup puffed millet
1 cup puffed rice
1/2 cup diced pitted prunes
1/3 cup semisweet chocolate chips
1/4 cup sesame seeds
1/3 cup sunflower butter, at room temperature
1/3 cup honey
3/4 cup shredded unsweetened coconut

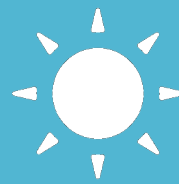
In a large bowl, mix all ingredients together, except the coconut. Cover and refrigerate for 30 minutes. Pour the coconut into a small bowl. Using a tablespoon, scoop the mixture and form it into 1-inch balls with your hands. Roll the balls in the coconut. Store in the fridge for up to 1 week or in the freezer for up to 1 month.

MORE PRE-WORKOUT RECIPES

Yogurt & Muesli: 1 cup yogurt with 1 teaspoon honey and 2 tablespoons muesli

Cottage Cheese & Granola: 1 cup cottage cheese with 1/2 cup cubed cantaloupe or watermelon and 2 tablespoons of granola

Waffles & Nut Butter: 1 frozen waffle, toasted, with 1 tablespoon of natural almond or peanut butter and 1/2 peach, sliced



PRO TIP: Outdoor Exercise & Sun Safety

To get some vitamin D, don't be afraid to let the sun hit your bare skin for 10 minutes before applying sunscreen. So stretch outside in a sunny spot, then apply your SPF.

The sun is strongest during midday, so try to work out in the early morning or late afternoon/evening. It's optimal to avoid exercising from 10 a.m. to 2 p.m., especially on particularly hot and humid days. Look out for [UV alerts](#) in your area and follow their advice. Wear sweat proof sunscreen that offers at least 30 UVA/UVB protection and don't forget about your lips!

It's also smart to wear a hat and sunglasses for added protection. Seek shade as much as possible.

BEST POST-WORKOUT SNACKS

It's important to restore your body post-workout with foods that provide a combo of carbs, protein, healthy fats and antioxidants. This is very similar to a pre-workout snack, but since you'll have more time to digest after you exercise, you can be more adventurous with your ingredients. Try to refuel 15-20 minutes after working out to replenish muscle glycogen so you're ready for the next session.



YOGURT BOWL WITH FRUIT & NUTS

Yogurt bowls are a perfect post-workout snack, plus they can be fully customized based on the ingredients already in your kitchen.

This one has it all: potassium and magnesium to stave off muscle cramps, plus antioxidants to fight oxidative damage from exercise.

Ingredients include yogurt, almonds, mango, blueberries, kiwi, pineapple, goji berries and banana.

MORE POST-WORKOUT BITES

Grain Bowls



Like yogurt bowls, grain bowls can be made with so many different bases (like rice or quinoa) and toppings. My go-tos include tuna, avocado, Brussels sprouts, cucumber, pistachios and asparagus.

Other favorites: feta, beets, egg, tomatoes, salmon, manchego, almonds, walnuts

Avocado Smoothie



To get more potassium in your post-workout smoothie, add avocado!

1/2 ripe avocado
1/2 large banana
1/4 cup low-fat vanilla yogurt
1/4 cup ice
1 cup coconut water
1 tsp agave nectar
1/4 tsp cinnamon

Blend until smooth.

Bagel with Lox



Enjoy half of a bagel with cream cheese and lox, and pair it with a trio of fresh fruit, nuts and yogurt.

Other Simple & Restorative Snacks

- Toasted whole-wheat English muffin with avocado
- 2 scrambled eggs on pita with 1 TBSP grated cheese and 1 cup baby spinach
- 1 cheese stick or mini cheese round, 1 orange, and 1 energy bar
- 2 hardboiled eggs
- [Overnight oats](#) with fruit

PRO TIP: Best Summer Workout Gear

To stay comfortable while you're breaking a sweat, opt for fabrics that are lightweight and moisture-wicking, such as bamboo, cotton, nylon, polyester, and spandex. My go-to brands include Crane & Lion, Sweaty Betty, Lululemon, Athleta, Handful and QOR.

For built-in sun-protection, look for fabric that has a UPF (Ultraviolet Protection Factor) rating.



HYDRATION 101

Staying hydrated during the summer is so important, especially when it comes to exercising. Being properly hydrated allows your body to regulate its temperature and cool down without elevating your heart rate. The key to hydration is replenishing both the water and electrolytes that you lose during a sweat session. Here are three simple ways to stay hydrated:



WATER

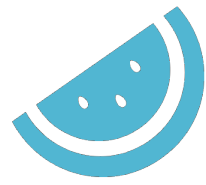
Aim for 3 liters of water each day, the equivalent of about 12.5 cups.

Invest in a large reusable water bottle and refill it 3-4 times a day to ensure you get the H2O you need.



ELECTROLYTES

Electrolyte mixes and sports drinks can help you replenish your electrolytes after exercise. You don't need them unless you're exercising for more than 1 hour or sweating profusely. Your next meal should have enough sodium to replace what you've lost.



HYDRATING FOODS

There are several foods that are high in water, so if drinking 12.5 cups sounds like overkill, you can replace a few glasses with a serving of hydrating foods (see box) or add chia seeds ([a hydrating powerhouse](#)) to your meals.

TOP 10 HYDRATING FOODS

Up your hydration game with these delicious foods that have high water content and happen to be in season over the summer!



CUCUMBER
96% water



CABBAGE
93% water



ICEBERG LETTUCE
96% water



STRAWBERRIES
92% water



TOMATOES
94% water



WATERMELON
92% water



RADISHES
95% water



SWEET PEPPERS
92% water



ZUCCHINI
95% water



CANTALOUPE
90% water

KOPARI

PRO TIP
(Plus an Exclusive Discount):
Restoring Your Skin

Don't forget to refuel and rehydrate your skin after time in the sun.

Check out **Kopari Beauty** for restorative body oils and body milks, like their Coconut Skincare line.

The best part? As an FLR VIP, you can get 15% off any product. Use code **FRANCES15** at checkout.



GROCERY SHOPPING LIST

Here is a list of everything you need to stock your refuel pantry and fridge:

MEAT

- _ Canned tuna
- _ Fresh or smoked salmon (lox)

FRUIT

- _ Blueberries
- _ Bananas
- _ Strawberries
- _ Watermelon
- _ Cantaloupe
- _ Mango
- _ Kiwi
- _ Pineapple
- _ Orange
- _ Grapes
- _ Pomegranate seeds

VEGGIES

- _ Avocado
- _ Asparagus
- _ Cucumber
- _ Iceberg Lettuce
- _ Baby spinach
- _ Tomatoes
- _ Radishes
- _ Zucchini
- _ Cabbage
- _ Sweet peppers
- _ Beets
- _ Brussels sprouts

GRAINS

- _ Quinoa
- _ Rice
- _ Puffed millet
- _ Puffed rice

PANTRY

- _ Natural nut butters (like peanut and almond)
- _ Sunflower butter
- _ Nuts (like whole almonds, walnuts and pistachios)
- _ Muesli
- _ Granola
- _ Seeds (like chia, sesame and flax)
- _ Goji berries
- _ Shredded unsweetened coconut
- _ Honey
- _ Semisweet chocolate chips
- _ Pitted prunes
- _ Whole-wheat english muffins

DAIRY

- _ Yogurt
- _ Cheese of choice, including shredded, sticks and/or mini rounds. Feta and manchego recommended.
- _ Eggs
- _ Low-fat cottage cheese
- _ Cream cheese

OTHER

- _ Frozen whole grain waffles
- _ Coconut water

