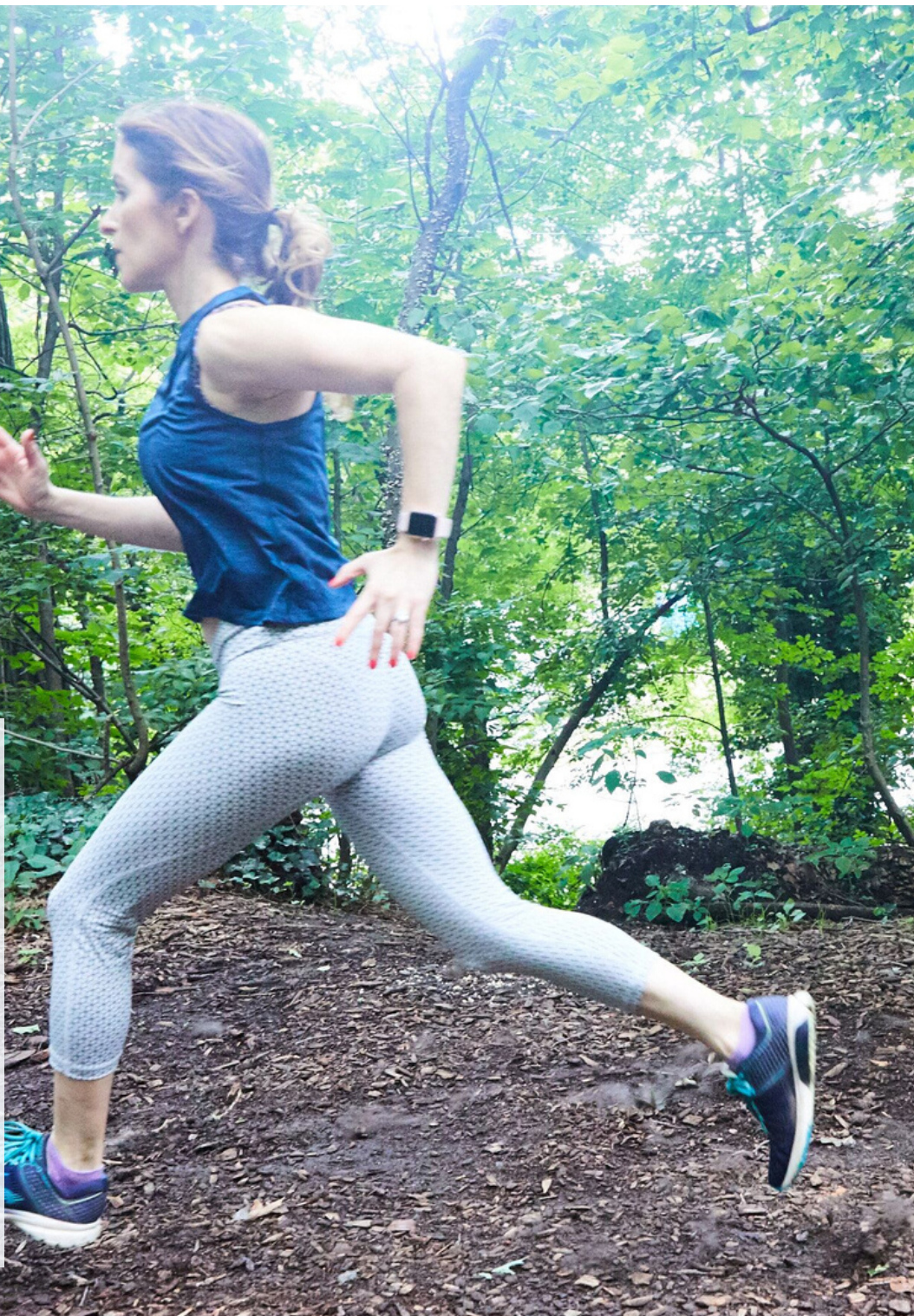


# SUMMER BODY TOOLKIT

MAXIMIZE RESULTS WITH SMART NUTRITION

- Fun outdoor workouts
- Best pre- and post-workout snacks
- Hydration tips
- ... and more!



FRANCES LARGEMAN-ROTH



# 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,



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# Social Distancing Workout Tips

Follow these safety protocols to stay healthy and active

## 1. Sweat At Home

Grab your favorite workout gear (free weights, resistance bands, jump rope, etc.) and break a sweat in your backyard or in your basement.

## 2. Cover Your Face

Whether you go for runs in your neighborhood, walk in a nearby park, or bike through town, keep a safe social distance from others and wear a mask or bandana — just make sure to adjust your face covering so it covers your nose and mouth, but doesn't obscure your vision.

## 3. Hydrate

Exercising with a face covering makes it a challenge to hydrate, so make sure to drink up before and after your run or bike ride, and always bring a full water bottle with you.

## 4. Wash Up

To be safe, wash your hands as soon as you get home, put your clothes directly in the wash, then take a nice hot shower. When you wash your hands, make sure to count for 20 seconds — or just sing Happy Birthday to yourself!



**PRO TIP:** I run outside nearly every day and have found that it's easier to breathe with a bandana than a mask.

# Fun Outdoor Workouts

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.

## 2. 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.

### PRO TIP: Finding Time for Daily Workouts

Finding time to exercise can be a challenge when you're balancing work and family.

My trick? Put your workout clothes on first thing in the morning. That way you're more likely to make it happen—even if it's just running up and down the stairs!





# Fun Outdoor Workouts (cont.)

## 3. Tricep Dips

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.

## 4. 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 to sit 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 high and upper thigh.

# Fun Outdoor Workouts (cont.)

## 5. Total Body Workout

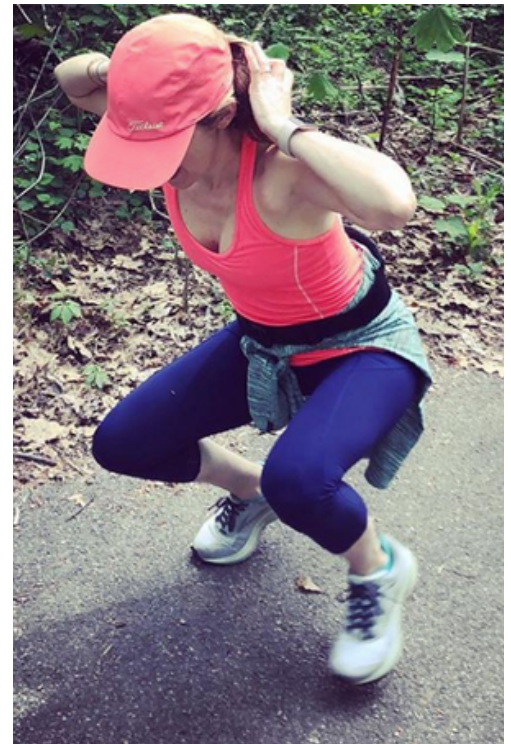
From [Don Saladino](#), celebrity trainer, owner of Drive 495, and Garden of Life Sport Line Partner

**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

Do as many rounds as you can in 20 minutes. Finish with five to eight 40-yard sprints with 1-min rests in between.



## 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). Push-ups work the chest, biceps, shoulders, abs, triceps, and even that tough-to-train little armpit muscle! For an extra challenge, put your feet up on a bench to do decline pushups.

**How to:** Start from a plank position, with your hands wider than your shoulders and your neck in a 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 push up 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 30 minutes of cardio.

- 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 nut butter and 1/2 cup sliced grapes

### 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. And follow these tips:

- Avoid exercising from 10 a.m.-2 p.m., especially on really hot and humid days.
- Follow advice from [UV alerts](#) in your area
- Wear sweat-proof sunscreen that offers at least 30 UVA/UVB protection and don't forget your lips!
- Wear a hat and sunglasses
- Seek shade as much as possible



# Best Post-Workout Snacks

It's important to restore your body 15-20 minutes after working out 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.

## Yogurt Bowl with Fruit & Nuts

Yogurt bowls are a perfect post-workout snack and can be customized based on what's already in your kitchen.



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

Toppings include almonds, mango, blueberries, kiwi, pineapple, goji berries and banana

## 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.

## Other Restorative Snacks



- Enjoy half of a bagel with cream cheese and lox
- 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, 1 energy bar
- 2 hardboiled eggs
- [Overnight oats](#) with fruit



# 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



**ICEBERG LETTUCE**  
96% water



**ZUCCHINI**  
95% water



**RADISHES**  
95% water



**TOMATOES**  
94% water



**CABBAGE**  
93% water



**STRAWBERRIES**  
92% water



**WATERMELON**  
92% water



**SWEET PEPPERS**  
92% water



**CANTALOUPE**  
90% water

# Grocery Shopping List

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

## GRAINS

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

## FRUIT

- \_ Berries
- \_ Bananas
- \_ 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

## 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

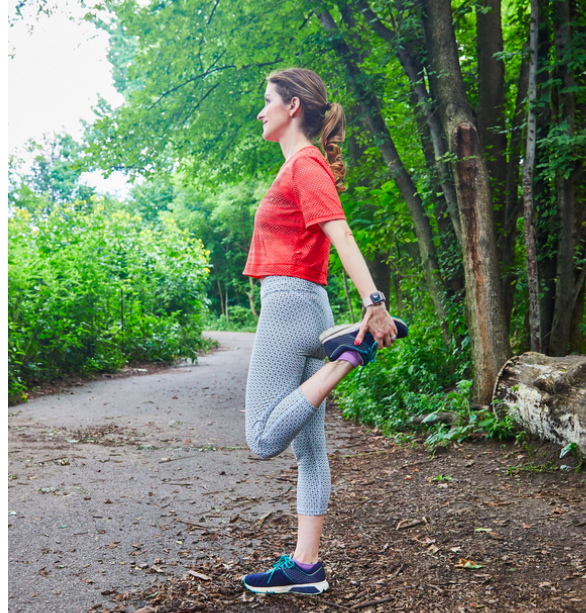
## FISH

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

## OTHER

- \_ Frozen whole grain waffles
- \_ Coconut water





# Ready to get your healthiest body yet?

I challenge you to incorporate at least one of these workouts into your daily routine this summer — just don't forget to eat the right pre- and post-workout snacks so you'll feel your best during and after each sweat session.

For more healthy living inspo and real food recipes, follow me on Instagram at [@franceslrothrd](https://www.instagram.com/franceslrothrd).



## *About the Author*

Frances Largeman-Roth, RDN, is a *New York Times* best selling author and nationally recognized nutrition expert. Frances is the author of *Feed the Belly: The Pregnant Mom's Healthy Eating Guide* and *Eating In Color: Delicious, Healthy Recipes for You and Your Family*. She is also the co-author of the bestselling *The CarbLovers Diet*. Her new book *Smoothies & Juices: Prevention Healing Kitchen* will be published in September, 2020.

Frances is a freelance writer and recipe developer for numerous publications, including *Today.com*, *Parents*, *MindBodyGreen*, & *Parade*.

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