

LOW IMPACT HIGH RESULTS

WORKOUT

You Can Do At Home



Air Punches

Kick Through Lunge



Army Crawl Planks



Squat Thruster



Front Kicks

Squat Curl
Alternating
Knee Lifts



Upper Cuts



Sit Up Press



Link to LUC on Social Media:
Facebook/Instagram/Twitter/Pinterest



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UP
Lighten
Charleston

UP

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Charleston

Keep it Cool!



Tips to stay healthy and
cool in the summer heat!



Here are some foods to eat for hydration!



Cucumbers
Tomatoes
Grapefruit
Watermelon
Pineapple
Blueberries



Pears
Melon



Make sure you get the right portion of water!

BODY WEIGHT ÷ 2 =

THEN divide by 8 to find the # of cups of water you should drink each day

÷ 8 =



6 easy ways to achieve



10,000 STEPS

Health Organizations recommend that we should achieve 10,000 steps daily for fitness and healthy well-being. Here are 5 easy ways to achieve this.



1 WEAR A Pedometer

Wear your pedometer as soon as you get out of bed to catch all your steps.



2 REPLACE YOUR COFFEE CATCH UP WITH A WALKING CATCH UP

Use your walk instead of a coffee as a catch up with family or friends.



3 TAKE THE STAIRS

Try to take the stairs rather than the elevator. Or get out one floor earlier and walk up one flight of stairs.

4 PARK THE CAR & WALK

Park the car further from the entrance and walk or get off the bus one stop earlier and walk

5 GO SHOPPING

Wander around your Farmer's Market or the Shopping Mall



6 DON'T LET RAIN STOP YOU

Park the car further from the entrance and walk or get off the bus one stop earlier and walk

NOW START WALKING TO A HEALTHIER YOU!

www.sizzlingtowardssixty.com.au



With the warm weather to encourage us to move outside, it's important to pay attention to the details in the heat!

- Dump water on your face and head
- Wear breathable clothing
- Exercise in the shade
- Use hats, sunglasses, and SPF
- Exercise early in the morning or near sunset when the sun is at it's weakest.



Dehydration can decrease your metabolism by 3%, be sure to sip water throughout your day!

KEEP COOL AND STAY HYDRATED