



July 2016

PLAY IT UP ON THE WATER!

Water sports in general give you a great cardio workout. We take a look at five favorites.

SWIMMING

CALORIES BURNED: UP TO 700 PER HOUR. Swimming is top choice for having fun in the water. And it doesn't cost a dime to jump in the lake. Swimming is good for your heart and lungs, yet easy on your joints. Aim for 20 to 40 minutes of swimming at a fast pace.

CANOEING

CALORIES BURNED PADDLING AT 2 MPH: ABOUT 350. AT 4 MPH: ABOUT 730. The Boundary Waters Canoe Wilderness in northern Minnesota has about 1,200 miles of canoe routes waiting for you and your canoe. Before booking your trip, you might want to work on your stroke and build up core strength. Rent a canoe at a state park or sporting goods store and put in at a calm lake or river. Have someone hold the canoe steady as you get in to avoid tipping over. Reach way forward to put the paddle in the water for a long stroke. Dip the whole blade in the water before pulling. Always wear a life jacket.

KAYAKING

CALORIES BURNED: 200 TO 450 PER HOUR. Like canoeing, kayaking builds upper body strength. And even though your legs aren't moving, they're used in turning and balancing the boat. Kayaks come in a variety of dimensions and materials designed for where you want to paddle and how you plan to transport your boat. All types of boats give you the options for single or tandem paddlers. If you're new to kayaking, start with a sit-on-top or a recreational kayak and stick to calm waters. Whether you're a novice or a seasoned kayaker, always wear a life jacket.

QUICKTAKES



Summer is here and it's time to take your workout outside. You don't have to be an exercise physiologist to know that if an exercise is fun, you're more likely to do it. Incorporating play into your physical activity routine is a valid way to reach your activity goals.

There are some real health benefits to exercising outdoors. In fact:

- Outdoor exercise is associated with more energy and less anger and depression.
- The wind drag from exercising outdoors helps you burn more calories.
- Sunshine promotes better sleep.
- Outdoor fitness routines are easier to stick with.
- It's simply more fun to be outside than inside.

STAND-UP PADDLE-BOARDING (SUP)

CALORIES BURNED DURING RECREATIONAL SUP: 300 TO 450 PER HOUR. SUP builds endurance and balance, giving your whole body a complete cardio workout. Enthusiasts report stress relief too. Some experts say that 30 minutes of SUP is equivalent to running six miles. Keep in mind, the rougher the waves, the harder you work.

You can choose between foam-core boards and easier-to-transport inflatable boards. SUP yoga is becoming popular.

WINDSURFING

CALORIES BURNED: 500 TO 1,000 (EXPERT LEVEL) PER HOUR. Windsurfing is one of those sports that takes time — and a lot of arm strength — to get good at. Start with an instructor and practice all summer. Who knows? You might be ready to go pro by mid-September.

WATER SPORTS SAFETY REMINDERS

KNOW HOW TO SWIM. And make sure your kids learn to swim well. If you know how to swim, you will feel more comfortable with water sports. Check your local Y or Red Cross for age-appropriate swimming lessons.

CHECK THE WEATHER FORECAST. During the time you are out on the water, keep an eye out for any change in the weather conditions. The weather can change quickly, so you have to be prepared to get out of harm's way if needed.

PROTECT YOURSELF FROM THE HARMFUL RAYS OF THE SUN. Apply sunscreen before going outside and re-apply every two to three hours. Protect your eyes and head too: wear sunglasses and a hat when outside in the sun.

DON'T MIX ALCOHOL AND WATER SPORTS. Even consuming small amounts of alcohol will increase your risk of drowning. Alcohol can numb your senses and prevent you from thinking clearly in an emergency.

TUNA AND WHITE BEAN WRAP

Pack a cooler with plenty of cold drinks, fresh fruit and these filling wraps for an afternoon by the water.

INGREDIENTS

1 15-ounce can low-sodium white beans, drained
1 sun-ripened tomato, diced
1 celery rib, tough strings removed, diced
1 scallion, thinly sliced
1 tablespoon fresh lemon juice
1/2 teaspoon capers (optional), chopped
2 teaspoons olive oil
Freshly ground black pepper, to taste
1 6-ounce can albacore tuna packed in water, drained and flaked
4 whole-wheat tortillas or other flatbreads
4 handfuls baby spinach

DIRECTIONS

1. In a medium bowl, mash beans with a fork. Stir in tomatoes, celery, scallion, lemon juice, capers (if using), olive oil and pepper. Add tuna and stir just to mix.
2. Place a flatbread on the work surface. Place about 1 handful of spinach on top, followed by 1/2 cup of the bean-tuna mixture. Roll tightly. Repeat with the remaining breads and filling. Wrap each sandwich in waxed paper or plastic wrap.



NUTRITIONAL INFO PER SERVING

305 Calories
9g Fat
2g Saturated fat
21g Protein
44g Carbohydrate
7g Fiber
648mg Sodium

Source: Healthy Living Kitchens