

FITNESS TIP



Stay Strong Through the Season's Shift: Jim LaValle's Late-Summer Fitness Tips

1. Hydrate Beyond Water

High humidity makes you sweat more — and lose electrolytes faster. Balance plain water with electrolyte-rich drinks (look for low-sugar options) or add mineral drops to your water.

2. Train Early or Late

Avoid peak heat (10 AM–4 PM) to reduce stress on your heart and prevent performance dips. Morning workouts can also help reset your circadian rhythm for fall.

3. Keep Intensity in Cycles

Alternate high-intensity days with active recovery (yoga, walking, mobility work) to prevent burnout. This is especially important when heat and humidity raise cardiovascular strain.

4. Strength Over Sweat

Don't chase the "detox sweat." Focus on progressive resistance training — even 2–3 short sessions per week can maintain lean mass and metabolic health as activity patterns shift.

5. Support Recovery Nutritionally

Late summer's fresh produce is ideal for recovery:

Berries & dark cherries → antioxidants to reduce inflammation

Leafy greens → magnesium for muscle relaxation

Watermelon & cucumbers → hydration support

6. Listen to Your Biomarkers

If you have access to wearables or testing, track heart rate variability (HRV) and resting heart rate. Both can signal when your body needs extra rest or nutritional support.

7. Make It Social

Use the long evenings for group activities — hiking, paddleboarding, or sunset walks — to keep movement joyful and consistent before cooler weather sets in.