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QUALITY * COMMITMENT * PERFORMANCE



BEAT THE HEAT: SMART SUMMER FITNESS TIPS

Provided by GYMGUYZ Main Line & Montgomery County

July brings hot temperatures and busy schedules, but that doesn't mean your workouts have to suffer! Stay cool, stay consistent, and keep moving with these easy tips.

1. Train at the Right Time: Avoid the midday heat by working out in the early morning or evening. Indoor workouts or shaded outdoor sessions are great alternatives. GYMGUYZ trainers help schedule workouts when they work best for you!

2. Keep It Light & Hydrated: Drinking at least 8-10 glasses of water a day is a

must in the summer. Also, opt for light, protein-packed meals instead of heavy foods that can slow you down.

3. Make Workouts Fun & Social: July is peak vacation season, so mix fitness with fun—beach runs, pool workouts, or even bodyweight circuits while traveling. GYMGUYZ offers customized sessions no matter where you are, so you can keep up with your fitness goals while enjoying summer.

Stay Cool & Keep Moving!

By making small adjustments, you can stay active and safe all summer long. Let's make this month your strongest one yet!



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people who have a
gym membership,
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TO
YOU.**



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