

YOUR SUMMER FITNESS PLAN: HOW TO STAY ON TRACK & HAVE FUN

Provided by GYMGUYZ Main Line & Montgomery County

Summer is here, and that means vacations, BBQs, and long weekends. But staying active doesn't mean giving up fun! Here's how to **stay fit without missing out** on summer fun.

1. Make Workouts Work for Your Schedule. Busy summer plans? No problem. A 30-minute high-intensity session can be just as effective as a long workout. With GYMGUYZ, you can train at home, at the park, or even before work — flexibility is key!

2. Stay Hydrated & Energized. Warmer weather means more sweating, so staying hydrated is crucial. Keep a water bottle with you at all times, and load up on hydrating foods like watermelon and cucumbers. Fuel up with light, protein-rich meals to keep energy levels high.

3. Get Outside & Enjoy It! Take advantage of the sunshine - try an outdoor bootcamp, a beach workout, or a family hike. GYMGUYZ trainers can bring workouts to your favorite outdoor spot, keeping sessions fun and engaging.



Keep Your Summer Goals in Sight!

Fitness should fit your lifestyle, not the other way around. With small, smart adjustments, you can enjoy all that summer has to offer **without losing progress.**

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