

ACHIEVE YOUR SUMMER GOALS

SET GOALS FOR A GREAT SUMMER

What summer goals are you setting your sights on this year? Whether it's a reading list, running a 5km race, or getting some much-needed relaxation time, make a list of what's important to you. For bigger goals, break it down into smaller, manageable tasks. Mark your plans on your calendar or set a deadline for yourself. Keeping track of your plans and progress ensures that the summer won't pass you by!



SET GOALS FOR A GREAT SUMMER

- Read a classic novel
- Plant some herbs
- Cook your way through a cookbook
- Train for a 5km walk/run
- Schedule a staycation
- Eat more veggies with a subscription veggie box
- Take advantage of neighbourhood pools
- Visit a local food festival
- Shop at farmers' markets

**ACHIEVE YOUR
SUMMER GOALS**

**AIM TO VARY
YOUR FOOD
ROUTINE**



TAKE ADVANTAGE OF SEASONAL FOODS

Whole foods contain distinctive nutrients. Eating an assortment of colourful produce, whole grains and proteins throughout the week will help you consume a wider range of nutrients. Summer is a great time to access a variety of fresh, seasonal ingredients.

NO COOKING REQUIRED

Cut up fresh veggies and fruits to create a delicious dish. Create a fresh mango or pineapple salsa to pair with grilled proteins and enjoy homemade guacamole and basil pesto.

VISIT YOUR LIBRARY

Borrow a cookbook with seasonal summer recipes from your local library to add some new recipes to your regular meal rotation.

CHANGE YOUR COOKING METHOD

Revisit your favourite foods with a different approach—slow cook baked potatoes, pressure cook rice, barbecue protein/veggie skewers, or grill peaches for dessert. Avoid using the oven for a cooler kitchen and add to your recipe repertoire.

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ACCOMPLISH
YOUR FITNESS
GOALS



IDENTIFY YOUR TRAINING NEEDS

Whether your summer fitness goals are based on trying a new activity, or improving your distance or time goal, use the “FITT principle” to determine your training needs.

FREQUENCY

Novice—Start with two cross training sessions per week; allow for recovery days between training.

Trained—Avoid overtraining. Schedule at least one to two recovery days per week.

INTENSITY

Novice—Ease into your routine with low to moderate intensity activities; take water breaks as needed.

Trained—Increase your intensity with a mix of interval training and steady state training on different days.

TIME

Novice— Increase the duration of activity gradually, adding a few minutes each week.

Trained—Time can be increased weekly, decreased for the same distance, or aim to go further in the same time.

TYPE

Novice— Aim to mimic the conditions as closely as possible. For example, try to train on a similar terrain to your race day.

Trained—Include exercises for undertrained muscles. For forward motions, like running or cycling, perform lateral movements on your cross-training days.