

ADVENTURE FITNESS

Summer Survival Tips...

Now that we are approaching the festive season, here are a few tips to keep you fit, healthy and happy over the time when excess is upon us....

- Make the most of the extra hours of daylight and take a walk after dinner in the balmy evenings... your dog and/or rest of the family will love you for this!*
- Enjoy the 'excess' of summer fruits - keep a supply of paw-paw, mango, kiwi-fruit and watermelon cool in the fridge and take time to cut up and serve on a platter with sliced banana or eat with natural yoghurt.... Mmmmmm....*
- Take yourself on an adventure that you have been meaning to do all year - go and climb up Emu Mountain or Mt Coolum.... Or, for the more adventurous, take water and snacks and conquer Mt Cooroora! Enjoy a reward of refreshments at a café in Pomona after you epic climb - you have earned it!!*
- Sip chilled champagne with a garnish of strawberry in a beautiful place - maybe watching the sunset on Main Beach, then take a leisurely stroll along the boardwalk and watch nature closing down for the evening....*
- Smile and laugh every day - infect others with your relaxed attitude - the world seems a better place already, doesn't it!*