

Fitness 101: Fit on the Beach

Ahhh, summertime! It's time to head to the beach (or the shore, as they call it up here in Philly and New Jersey) and have some fun in the sun!

When I ask people what they love to do at the beach, unfortunately, the number one answer is "read a book or a magazine." Reading is great, but how about adding some exercise into your beach vacation this year? All you need is your swimsuit, some running shoes, and lots of sunscreen.

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If you're training outdoors in summertime, you're going to sweat. Drinking water can save you from dehydration; but too much water can cause another problem: hyponatremia. That's when your body's fluids have dangerously low levels of sodium.

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