

JAMES LAVALLE'S LONGEVITY FITNESS TIP:



Hydrate Like an Athlete—Even if You're Just Gardening "Performance starts with prevention."

You don't need to be running marathons to require serious hydration support. Whether you're out for a walk, hiking, or just tending to your garden, **hot weather creates silent stress** on the body that can zap performance, clarity, and energy.

ELECTROLYTE BALANCE IS KEY—and plain water doesn't always cut it. As we sweat, we lose sodium, potassium, magnesium, and chloride—all essential for cellular function and heart rhythm. Instead of sugary sports drinks, try adding a **pinch of sea salt, a splash of lemon, or electrolyte powders** with no artificial ingredients.

And remember, hydration is cumulative. **Start early in the day, drink consistently, and include hydrating foods like cucumbers, berries, and melons.** Your muscles, metabolism, and mood will thank you.

Train Smarter, Not Hotter—Beat the Summer Burnout "Adaptation, not exhaustion, drives results."

Summer motivates movement—but more isn't always better. Overexerting in high heat can **trigger stress hormones like cortisol**, reduce sleep quality, and hinder recovery.

Instead of pushing through the heat, **train with your circadian rhythm.** Aim for workouts in the cooler hours of **early morning or dusk.** Emphasize **zone 2 cardio, bodyweight circuits, or resistance bands** for metabolic flexibility and endurance without the strain.

And recovery matters just as much. **Contrast showers, stretching in the shade, and magnesium-rich snacks post-exercise** help regulate inflammation and keep your body primed for the long game of longevity.