

# **Dog Days of Summer**

The dog days of summer are upon us! This period of oppressive heat is known as the “dog days.” This time is so named because the hottest days of summer are associated with the dog star Sirius, the brightest star in the Canis Major constellation. The dog star rises and sets with the sun in summertime, specifically in conjunction with the sun on July 23rd. Since the ancient Romans believed that Sirius gave off heat and actually added to the warmth of the sun, they called this period of hot weather “dog days.” Over time, the period of 20 days before and 20 days after Sirius’ alignment with the sun became known as the dog days of summer.

At North Myrtle Beach Aquatic & Fitness Center, we know that the hot, humid weather of the dog days of summer can make dogs (and people!) feel sluggish and lazy. If the very thought of moving around in the heat makes you feel sweaty and tired, don’t despair; there are ways to keep your cool while staying active:

## **Swimming or Water Aerobics**

While swimming laps is still a great option, water aerobics and other water-related exercise classes are a wonderful alternative and can provide fun and friendship in addition to a great workout. Swimming is low impact so it’s easy on joints, and many active seniors find the warm water to be therapeutic as well.

## **Yoga, Pilates, & Stretch Classes**

Both yoga, Pilates and Stretch classes are great for restoring and maintaining physical and spiritual balance. With a range of experience levels for everyone from the novice to the seasoned yogi, these classes provide gentle stretching, focus on breathing and the added benefit increased mobility.

## **Walking**

Walking provides an immense cardiovascular benefit and is a great exercise for those with arthritis or other joint diseases. Walking paths are available at the NMB Sports Complex, shopping malls or use the Treadmills at NMB AFC. A nice brisk walk or a leisurely stroll is a great idea no matter what the weather outside looks like!

Whatever the weather, exercise is an option at NMB AFC, even during the dog days of summer. With options for every fitness level and interest, our facility allows our members the opportunity to maintain health and wellness, building endurance and strength along with building friendships!