

the beach!

Who wants to head to the gym when it's this nice outside! Burn calories while having fun in the sun



WAVES ADD RESISTANCE

Making a run for it in the ocean like Kim and Kourtney Kardashian did here burns 544 calories an hour (68 more than jogging on solid ground), DeBaun says. Running in water, besides being an effective workout, is a low-impact exercise, so it reduces wear and tear on the body.



WADING SHEDS CALS OUT THE BURN

Wading à la Brody Jenner! Wading helps cool off the body every day, and it burns 476 calories (476, says DeBaun says). Plus, wading is a low-impact exercise, so it reduces wear and tear on the body.



TOSSING A FRISBEE GOES A LONG WAY

Summer-sports poster boy Matthew McConaughey shapes up even while kicking back! DeBaun says tossing the disc strengthens the shoulder muscles and triceps — and requires some running, which helps burn 204 calories an hour.

Boardwalk treats that won't destroy a diet

Refresh with fro-yo

Ditch the 380-calorie cup of soft-serve ice cream for a ½ cup of frozen yogurt, which has about 120 calories, says Nu-Train dietitian Stephanie Middleberg.



Power up with nuts

Need to nosh? Forget the roughly 700-calorie cheese fries. Middleberg suggests snacking on an ounce of mixed nuts (about 170 calories).



Share a lemonade



Frozen beverages can ruin a diet. Instead, says Middleberg, split a 16-ounce frozen lemonade and dilute each portion with a ½ cup of water for a 100-calorie thirst quencher.

Sink teeth into a juicy snack



Funnel cake and nachos scream summer, but so does a roughly 80-calorie ear of grilled corn on the cob. (Even with two pats of butter, it's still just 150 calories, says Middleberg.)

Have a low-cal frozen treat

The ice-cream truck is packed with calorie-laden sweets, but hearty ice pops (like Edy's Frozen Fruit bars) have just 80 to 120 calories, says Middleberg.

