

# how to get in shape over the summer

## Summer Fitness: Your Comprehensive Guide on How to Get in Shape Over the Summer

**how to get in shape over the summer** is a common goal for many, driven by the desire for improved health, increased confidence, and a more active lifestyle during the warmer months. This guide provides a detailed roadmap to achieving your fitness aspirations, covering essential aspects from nutrition and exercise to mental preparation and sustainable habits. We will explore effective workout strategies, smart dietary choices, the importance of hydration and sleep, and practical tips for staying motivated throughout your summer fitness journey. By understanding and implementing these principles, you can unlock your potential and experience a transformative summer of health and well-being.

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## Understanding Your Summer Fitness Goals

Setting clear and achievable goals is the foundational step in any successful fitness endeavor, especially when aiming to get in shape over the summer. Instead of vague intentions, define specific targets that are measurable, attainable, relevant, and time-bound (SMART). For instance, instead of "lose weight," aim for "lose 10 pounds in 8 weeks" or "be able to run a 5k without stopping by August." This clarity provides direction and allows for effective tracking of progress, which is vital for maintaining motivation.

## Defining SMART Fitness Goals

SMART goals offer a structured approach to fitness planning. Specific goals leave no room for ambiguity, while measurable goals allow you to quantify your achievements. Attainable goals ensure you are setting realistic expectations, preventing discouragement. Relevant goals align with your overall health and lifestyle objectives, and time-bound goals create a sense of urgency and accountability. By applying the SMART framework, you create a personalized plan that is tailored to your individual needs and circumstances, making the process of getting in shape over the summer more manageable and effective.

## Assessing Your Current Fitness Level

Before embarking on a new fitness regimen, it's crucial to accurately assess your current

physical condition. This assessment helps in designing a workout program that is challenging yet safe, reducing the risk of injury and overexertion. Simple tests like measuring your resting heart rate, determining your body mass index (BMI), or assessing your flexibility and endurance through basic exercises can provide valuable insights. Understanding your starting point allows you to set appropriate benchmarks and track your improvements accurately as you progress towards your summer fitness objectives.

## **Crafting a Sustainable Nutrition Plan**

Nutrition plays an equally significant role as exercise when it comes to getting in shape over the summer. Focusing on a balanced diet that emphasizes whole, unprocessed foods is key. This means incorporating plenty of fruits, vegetables, lean proteins, and healthy fats into your daily meals. Limiting your intake of sugary drinks, processed snacks, and excessive saturated fats will significantly contribute to your fitness goals and overall health.

### **Prioritizing Whole Foods and Lean Proteins**

The cornerstone of a healthy diet lies in consuming nutrient-dense whole foods. These foods provide essential vitamins, minerals, and fiber that support bodily functions and promote satiety. Lean proteins, such as chicken breast, fish, beans, and tofu, are crucial for muscle repair and growth, which is especially important when you are increasing your physical activity. Incorporating these protein sources into your meals helps you feel fuller for longer, reducing the temptation to snack on less healthy options. This dietary approach not only aids in weight management but also boosts your energy levels, making your summer workouts more productive.

### **Managing Calorie Intake and Portion Control**

While the quality of food is paramount, managing your calorie intake is also essential for achieving your fitness goals. Understanding your daily caloric needs based on your activity level and metabolism is a crucial step. Portion control is a practical way to manage calorie consumption without feeling deprived. Using smaller plates, paying attention to serving sizes, and being mindful of your hunger cues can help you maintain a healthy caloric balance. It's about creating a sustainable eating pattern that supports your body's needs while enabling you to see results from your efforts to get in shape over the summer.

### **The Importance of Smart Snacking**

Snacking can be a pitfall for many trying to improve their fitness, but smart snacking can actually support your goals. Opt for snacks that are rich in protein and fiber, as these will keep you feeling full and satisfied between meals. Examples include a handful of almonds, Greek yogurt with berries, or an apple with a tablespoon of peanut butter. Avoiding processed snacks like chips and cookies, which offer little nutritional value and are often high in calories, sugar, and unhealthy fats, is vital. Strategic snacking can prevent

overeating at main meals and provide sustained energy for your workouts.

## **Effective Exercise Strategies for Summer**

To effectively get in shape over the summer, a well-rounded exercise plan that combines cardiovascular activity with strength training is essential. Cardiovascular exercises help burn calories and improve heart health, while strength training builds lean muscle mass, which boosts metabolism and contributes to a toned physique. Variety in your workouts also keeps things interesting and prevents plateaus.

### **Incorporating Cardiovascular Exercise**

Cardiovascular exercise, often referred to as cardio, is fundamental for improving endurance, burning calories, and enhancing overall cardiovascular health. Activities like running, swimming, cycling, brisk walking, and dancing are excellent choices, especially during the summer months when outdoor activities are more enjoyable. Aim for at least 150 minutes of moderate-intensity cardio or 75 minutes of vigorous-intensity cardio per week. Adjust the intensity and duration based on your current fitness level and gradually increase them as you get fitter.

### **Building Strength with Resistance Training**

Strength training is crucial for building lean muscle mass, which not only enhances your physique but also significantly boosts your metabolism. This means your body burns more calories even at rest. Incorporate resistance training exercises that target all major muscle groups at least two to three times a week. This can include bodyweight exercises like squats, push-ups, and lunges, as well as using weights, resistance bands, or gym equipment. Proper form is key to maximizing effectiveness and preventing injuries.

### **Utilizing Outdoor Activities and Varied Workouts**

Summer offers a fantastic opportunity to take your workouts outdoors and enjoy the warmer weather. Hiking, cycling in scenic routes, kayaking, or even joining outdoor fitness classes can make exercising more enjoyable and sustainable. Varying your workout routine is also key to preventing boredom and challenging your body in new ways. Consider trying new activities or sports, or combining different types of exercises throughout the week to keep your body guessing and continue making progress towards your goal of getting in shape over the summer.

## **The Crucial Role of Hydration and Sleep**

Beyond diet and exercise, two often-overlooked factors are critical for achieving fitness

success: hydration and adequate sleep. Proper hydration supports numerous bodily functions essential for energy, performance, and recovery. Similarly, sufficient sleep is vital for muscle repair, hormone regulation, and overall well-being, all of which impact your ability to get in shape over the summer.

## **Maintaining Optimal Hydration Levels**

Water is fundamental to life and plays a vital role in athletic performance and overall health. During warmer months and increased physical activity, staying adequately hydrated becomes even more critical. Aim to drink water consistently throughout the day, not just when you feel thirsty. For active individuals, increasing fluid intake before, during, and after exercise is essential to replace fluids lost through sweat. Dehydration can lead to fatigue, decreased performance, and an increased risk of heat-related illnesses.

## **Prioritizing Quality Sleep for Recovery**

Sleep is the body's primary time for repair and rejuvenation. When you sleep, your body releases growth hormone, which is crucial for muscle repair and building. A lack of quality sleep can disrupt hormone balance, increase stress hormones like cortisol, and negatively impact your energy levels and motivation. Aim for 7-9 hours of quality sleep per night. Establishing a consistent sleep schedule and creating a relaxing bedtime routine can significantly improve your sleep quality, supporting your efforts to get in shape over the summer.

## **Staying Motivated and Overcoming Challenges**

The journey to getting in shape over the summer is not always smooth sailing. There will be days when motivation wanes or obstacles arise. Developing strategies to stay motivated and overcome these challenges is paramount for long-term success. Recognizing that setbacks are a normal part of the process and having a plan to address them can make all the difference.

## **Finding a Workout Buddy or Community**

Exercising with a friend or joining a fitness group can significantly boost motivation and accountability. A workout buddy can provide encouragement, push you to try harder, and make workouts more enjoyable. Similarly, being part of a fitness community, whether online or in person, offers a sense of belonging and shared purpose. Seeing others pursue similar goals can inspire you to stay on track, even when you feel like giving up. This social support system is invaluable when trying to get in shape over the summer.

## **Tracking Progress and Celebrating Milestones**

Monitoring your progress is a powerful motivator. Keep a fitness journal, use a tracking app, or simply take regular measurements to see how far you've come. Seeing tangible results, whether it's increased strength, improved endurance, or a shrinking waistline, can reinforce your commitment. It's also important to celebrate your achievements, no matter how small. Acknowledging your milestones, such as completing a challenging workout or reaching a weight loss target, provides positive reinforcement and fuels your drive to continue.

## **Dealing with Plateaus and Setbacks**

Fitness plateaus, where progress seems to stall, are a common occurrence. When this happens, it's often a sign that your body has adapted to your current routine and needs a new stimulus. Try varying your workouts, increasing intensity, or changing your exercise type. Similarly, setbacks, such as missing a few workouts due to illness or a busy schedule, are not failures. The key is to not let them derail your entire plan. Acknowledge the slip-up, learn from it, and get back on track as soon as possible. The resilience you build in overcoming these challenges is a critical component of sustainable fitness.

## **Maintaining Momentum Beyond Summer**

The goal of getting in shape over the summer should not be a temporary fix but the beginning of a sustained healthy lifestyle. By building sustainable habits, you can ensure that the fitness and wellness achieved during the summer months continue to benefit you long after the season ends. This involves integrating healthy practices into your everyday life in a way that feels natural and enjoyable.

## **Integrating Fitness into Your Lifestyle**

The most effective way to maintain your summer fitness gains is to make exercise and healthy eating a consistent part of your lifestyle. This means finding activities you genuinely enjoy and creating a balanced eating pattern that you can sustain indefinitely. Think about how you can incorporate movement into your daily routine, such as taking the stairs, walking during breaks, or choosing active hobbies. Similarly, aim for a dietary approach that is flexible enough to accommodate social events and occasional treats without causing guilt or derailing your progress.

## **Continuing to Set New Goals**

As you achieve your initial summer fitness goals, it's important to set new ones to keep yourself challenged and motivated. These new goals can build upon your existing achievements or explore new areas of fitness. Perhaps you want to increase your strength further, improve your flexibility, train for a longer race, or explore a new sport. Continuous goal-setting provides a sense of purpose and direction, ensuring that your

fitness journey remains dynamic and rewarding throughout the year. This forward-looking approach is essential for long-term health and well-being, extending the benefits of getting in shape over the summer well into the future.

## **Q: What is the fastest way to get in shape over the summer?**

A: While there's no single "fastest" way that works for everyone, a combination of consistent, high-intensity interval training (HIIT), a balanced, calorie-controlled diet focused on whole foods, and adequate hydration and sleep will yield the quickest visible results for getting in shape over the summer. Consistency is key.

## **Q: Can I get in shape over the summer without going to the gym?**

A: Absolutely! You can effectively get in shape over the summer by utilizing bodyweight exercises, resistance bands, and outdoor activities like running, swimming, cycling, hiking, and yoga. Many effective home workouts require no specialized equipment.

## **Q: How much weight can I realistically lose over the summer?**

A: A safe and sustainable rate of weight loss is typically 1-2 pounds per week. Therefore, over a typical summer of 10-12 weeks, you could realistically aim to lose 10-24 pounds by combining diet and exercise. Faster weight loss can be unsustainable and unhealthy.

## **Q: What are the best foods to eat to get in shape over the summer?**

A: Focus on lean proteins (chicken, fish, beans, tofu), abundant fruits and vegetables, whole grains (quinoa, oats, brown rice), and healthy fats (avocado, nuts, seeds). Minimize processed foods, sugary drinks, and excessive saturated fats.

## **Q: How can I stay motivated to exercise when it gets hot outside?**

A: Stay motivated by exercising during cooler parts of the day (early morning or late evening), finding indoor alternatives like gyms or home workouts, swimming, or joining water-based activities. Hydration and wearing appropriate breathable clothing are also crucial.

## **Q: Is it okay to have cheat days when trying to get in shape over the summer?**

A: "Cheat meals" or planned indulgences can be incorporated strategically into a healthy eating plan. They can help prevent feelings of deprivation and make the diet more sustainable. However, it's important that they remain occasional and don't derail your overall progress.

## **Q: How much exercise is recommended per week to get in shape over the summer?**

A: General guidelines recommend at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity aerobic activity per week, plus muscle-strengthening activities at least two days a week. Adjust based on your fitness level and goals.

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**how to get in shape over the summer:** *Juvenile Dieting, Unsafe Over-the-counter Diet Products, and Recent Enforcement Efforts by the Federal Trade Commission* United States. Congress. House. Committee on Small Business. Subcommittee on Regulation, Business Opportunities, and Energy, 1990 Abstract: This hearing discusses the dangers of unsupervised dieting, unsafe over-the-counter diet products, and recent enforcement efforts by the FDA against companies perpetrating diet frauds. Witnesses describe the unhealthy effects of these diets and suggest ways of confronting the operators of these companies. Several cases of anorexia nervosa and bulimia are described.

**how to get in shape over the summer: How Far to the Promised Land** Esau McCaulley, 2024-12-17 From the New York Times contributing opinion writer and award-winning author of *Reading While Black*, a riveting intergenerational account of his family's search for home and hope "Powerful . . . McCaulley uses examples of his own family's stories of survival over time to remind readers that some paths to the promised land have detours along the way."—The Root A PUBLISHERS WEEKLY BEST BOOK OF THE YEAR For much of his life, Esau McCaulley was taught to see himself as an exception: someone who, through hard work, faith, and determination, overcame childhood poverty, anti-Black racism, and an absent father to earn a job as a university professor and a life in the middle class. But that narrative was called into question one night, when McCaulley answered the phone and learned that his father—whose absence defined his upbringing—died in a car crash. McCaulley was being asked to deliver his father's eulogy, to make sense of his complicated legacy in a country that only accepts Black men on the condition that they are exceptional, hardworking, perfect. The resulting effort sent McCaulley back through his family history, seeking to understand the community that shaped him. In these pages, we meet his great-grandmother Sophia, a tenant farmer born with the gift of prophecy who scraped together a

life in Jim Crow Alabama; his mother, Laurie, who raised four kids alone in an era when single Black mothers were demonized as “welfare queens”; and a cast of family, friends, and neighbors who won small victories in a world built to swallow Black lives. With profound honesty and compassion, he raises questions that implicate us all: What does each person’s struggle to build a life teach us about what we owe each other? About what it means to be human? *How Far to the Promised Land* is a thrilling and tender epic about being Black in America. It’s a book that questions our too-simple narratives about poverty and upward mobility; a book in which the people normally written out of the American Dream are given voice.

**how to get in shape over the summer:** *Be a Success Maverick: How Ordinary People Do It Different to Achieve Extraordinary Results* Paul Finck, 2021-05-21 To all the Mavericks in the world whom believe in a dream larger than themselves and continue to follow that dream regardless of sound reason and logic. To all the entrepreneurs who pursue their vision year after year, sometimes decade after decade, with no finish line in sight. To all my associates, strategic partners, family, and friends who have congratulated me for great successes over the last couple years knowing I have put in over ten-plus years to make all this happen! This book is dedicated to YOU, the Maverick, who dares to think different, act different, and be different to create a better world for us all.

**how to get in shape over the summer: Summer Learning Bundle for Rising Seventh Graders---Weeks 1-6** , 2014-07-01 This collection of reading, math, and critical thinking activities provides six weeks of engaging work for your child. Help your child review key sixth grade skills while preparing for seventh grade. Don't let your child suffer the summer slump!

**how to get in shape over the summer:** *The Packages* , 1906

**how to get in shape over the summer: The Day Before: A Prequel Novel (Riverdale, Novel 1)** Micol Ostow, 2018-12-26 Original fiction based off the hit television series *Riverdale* ! Based on the massively successful CW show, *Riverdale*, this prequel novel explores what the gang was doing before Season One. Why did Jughead and Archie have a falling out? What did Veronica's life look like in the Big Apple? And how long has Betty really been in love with Archie? Told from multiple points of view, your favorite characters tell their story their way.

**how to get in shape over the summer: The Four Seasons Collection: It Happens Every Spring / Summer Breeze / Falling for You Again / Winter Turns to Spring** Catherine Palmer, Gary Chapman, 2017-07-04 This collection bundles together all 4 of the Four Seasons novels by popular authors Catherine Palmer and Gary Chapman into one e-book for a great value! The series is based on the marriage principles found in Gary Chapman’s non-fiction book *The Four Seasons of Marriage*. Similar in tone and light-hearted, quirky humor as Jan Karon’s *Mitford* series, Fannie Flagg’s books or *Steel Magnolias*. Each book has a study guide that talks about the four seasons of marriage and the healing strategies depicted in that volume’s story. #1: *It Happens Every Spring* Meet the characters that live, work, dream, and love in the community of Deepwater Cove. Four married couples, all in different stages in life, experience the joys and hardships of marriage as examined in Gary Chapman’s *The Four Seasons of Marriage*. In book one, Steve and Brenda face a common problem among middle-age couples: empty nest syndrome. Steve works too much, and with their two children out of the house, Brenda feels lonely and unfulfilled. In order to save their marriage, the two must learn to reconnect. Readers are also introduced to many charming characters, like Cody, the mentally challenged homeless man that shows up on Steve and Brenda’s porch; Pete, who owns the Rods ‘N’ Ends tackle shop; and Patsy Pringle, who owns the Just As I Am beauty parlor, where much of the action takes place. #2: *Summer Breeze* Readers meet the blended family of Derek and Kim Finley. Kim has a set of twins—one boy and one girl—from her first marriage; Luke has recently been diagnosed with diabetes, and Lydia is acting out as a result of the attention now being showered on Luke. To complicate matters, Derek’s overbearing mother comes to live with them. With all that’s going on in their lives, Kim and Derek’s communication begins to break down and their marriage slowly moves into winter. Although the second book will focus on Kim and Derek, readers will also encounter all their favorite characters—Patsy Pringle, Pete Roberts, Steve and Brenda, Esther and Charlie—as well as some new ones, like the proprietor of the

new sandwich shop that's moved in next to Patsy's beauty parlor. #3 Falling for You Again Charlie and Esther Moore have been married nearly fifty years when the contented life they've built together begins to crumble. Esther has been forgetful recently, but it's rarely a problem until the day she puts her car in drive instead of reverse, flying off the end of the carport and into the backyard. Esther's accident and declining health shatter their reverie, and the couple must come to terms with all the paths their lives have not taken if they ever hope to pull their marriage out of winter. As always, the quirky characters of Deepwater Cove will pop in and out of the story and delight readers. #4: Winter Turns to Spring Brad and Ashley Hanes are young newlyweds who are facing their first season of winter. Opposite work schedules, differing views on finances and when to start a family, and Brad's selfish and immature habits are forcing the young couple apart, causing them to question why they ever got married in the first place. It will take a whole lot of help—mostly from their nosy but well-meaning neighbors—for Ashley and Brad to pull their marriage out of the winter blues and into a hopeful spring. As usual, the residents of Deepwater Cove will pop in and out of the story to delight readers. They'll encounter Cody and see his continued independence and growing friendship with Jennifer; Patsy and Pete's escalating romance; and Charlie, a recent widower who is taking on the challenges and excitement of his golden years with zeal.

**how to get in shape over the summer:** *Summer Learning Bundle for Rising Seventh Graders*---Week 1 , 2014-07-01 Looking for something to engage your children this summer? This packet of reading, mathematics, and critical thinking activities is a great summer collection. Help your child review key sixth grade skills while preparing for seventh grade.

**how to get in shape over the summer:** **A Summer to Start Over** Sera Taíno, 2025-04-29 She needed help... He needed to begin again. Single mom Indya Linares has always been Ms. Independent—especially when her family's hurricane-ravaged resort is at stake. But when Indya's boat breaks down at sea, she's forced to accept help from a handsome stranger who immediately makes her heart beat faster. Who would have imagined that he's also her stubborn mother's pick for a new facilities manager extraordinaire? After Santiago Pereira left Venezuela to begin again in Soledad Bay, he's got something to prove to his family...and a mission to bring his daughter back to him. But when Santi just can't stop thinking about his new boss, will hospitality take on a new meaning for them both? A SOLEDAD BAY NOVEL From Harlequin Special Edition: Believe in love. Overcome obstacles. Find happiness. Soledad Bay Book 1: A Summer to Start Over

**how to get in shape over the summer:** **Shadows Over Summer House** Duncan McGeary, 2018-09-13 On the run from a botched robbery, Stu plans one last heist. There's a flood of illegal money flowing through the harbor offices of Gosport, New Jersey. Stu gets a job on the docks, waiting and watching. But the unexpected rears its head. He falls in love with Katie, the young owner of a ramshackle Victorian mansion. As he helps Katie renovate the huge old Painted Lady, he realizes both Katie and the mansion are filled with secrets. Despite himself, Stu finds himself settling in. He gets involved in the lives of his neighbors. As he becomes accepted by his fellow dockworkers, Stu begins to wonder if he can't make a go of civilian life. But Stu's past soon catches up to him and he's forced to go through with the heist. What he doesn't know is that Katie's past is also catching up, and is even more dangerous. She isn't what she appears, nor is the mansion, and as their pasts collide, Stu and Katie must try to survive together what neither could survive alone.

**how to get in shape over the summer:** **Echoes of a Distant Summer** Guy Johnson, 2005-08-30 "You done lived a tough life, boy, and I know I'm part responsible for that. I ain't askin' you to excuse me or forgive me. Just know I did the best I knew to do. I was just tryin' to make you tough enough to deal with the world. To stand tall among men, I knew you had to be strong and have yo' own mind." "You were preparing me for war, Grandfather." Guy Johnson, the author of the critically acclaimed debut *Standing at the Scratch Line*, continues the Tremain family saga. Jackson St. Clair Tremain hasn't spoken to his grandfather King in nearly twenty years. Disgusted by the violence and bloodlust that seemed to be his grandfather's way of life, Jackson chose to distance himself from King and live a simpler life. But now King is gravely ill, and his impending death places Jackson's life—as well as those of his family and friends—in jeopardy. Reluctantly, Jackson travels to

Mexico to see King. But after a brief reconciliation, his grandfather is assassinated, and Jackson suspects that his grandmother Serena may have had a hand in it. Jackson takes control of King's organization, and as he does, he reflects on the summers he spent in Mexico as a child and the lessons he learned there at the knee of his strong-willed, complex grandfather. In *Echoes of a Distant Summer*, Guy Johnson introduces us to a new hero, Jackson St. Clair Tremain, who learns that, like his grandfather, he must be willing to protect those he loves—at all costs.

**how to get in shape over the summer:** *Georgetown Journal of International Affairs*, Summer/Fall 2015 Mike Fox, Angela Ribaud, 2015-07-31 The Georgetown Journal of International Affairs is the official publication of the Edmund A. Walsh School of Foreign Service at Georgetown University. Each issue of the journal provides readers with a diverse array of timely, peer-reviewed content penned by top policymakers, business leaders, and academic luminaries. The theme of this issue will be a look at the United Nations past, present, and future, to commemorate its 70th anniversary. The secondary theme will be global development.

**how to get in shape over the summer:** *JOHN MUIR'S CALIFORNIA COLLECTION: My First Summer in the Sierra, Picturesque California, The Mountains of California, The Yosemite & Our National Parks (Illustrated)* John Muir, 2024-01-09 In John Muir's California Collection, readers are invited into the majestic landscapes of California through Muir's evocative prose and keen observations. This compilation features his seminal works, including *My First Summer in the Sierra*, where Muir meticulously describes his transformative experiences in the Sierra Nevada. His lyrical style, often interspersed with rich illustrations, reflects the Romantic literary tradition, emphasizing nature's beauty and spiritual significance. Muir's writing is not only a celebration of the natural world but also a call to conserve it, providing critical insights into the environmental ethos emerging in 19th-century America. John Muir, a Scottish-American naturalist and advocate for the preservation of wilderness, became a pivotal figure in the environmental movement. Growing up in the rugged landscapes of Scotland instilled in him a deep appreciation for nature. His experiences in California catalyzed his mission to promote the preservation of its natural wonders, leading to the establishment of national parks. This collection showcases Muir's profound relationship with the land, reflecting his belief that nature is essential for the human spirit. This anthology is a vital read for anyone interested in environmentalism, literary nature writing, or the history of American conservation. Muir's poetic exploration of California's diverse landscapes not only captures their beauty but also serves as a poignant reminder of the necessity to protect them for future generations.

**how to get in shape over the summer:** *The Encyclopædia Britannica* Hugh Chisholm, James Louis Garvin, 1926

**how to get in shape over the summer:** *Journal* California. Legislature, 1886

**how to get in shape over the summer:** *Problems of Small Retail Petroleum Marketers* United States. Congress. House. Committee on Small Business. Subcommittee on Energy and Environment, 1976

**how to get in shape over the summer:** *The Beach Book Bundle: 3 Novels for Summer Reading* Anne Tyler, Monica McInerney, 2012-07-16 The warmth of the summer touches three acclaimed novels full of romance, intrigue, and heart—from beloved authors Anne Tyler, Monica McInerney, and Maeve Binchy. This amazing eBook collection is the perfect companion, whether you're spending the day at the beach or a quiet evening in your own backyard. **BREATHING LESSONS** Anne Tyler Winner of the Pulitzer Prize "A wonderful novel, glowing with the insight and compassion of an artist's touch."—The Boston Globe Maggie and Ira Moran have been married for twenty-eight years—and it shows: in their quarrels, in their routines, in their ability to tolerate with affection each other's eccentricities. Maggie is a kooky, lovable optimist who wants nothing more than to fix her son's broken marriage, while Ira is infuriatingly practical. When what begins as a day trip to a funeral becomes an adventure in the unexpected, Maggie and Ira must navigate the riotous twists and turns. Together they rediscover the magic of the road called life and the joy of having somebody to share the ride with, bumps and all. **THE ALPHABET SISTERS** Monica McInerney

"Charm, laughter, and tears . . . a delightful story that shows how quarrels can be solved with love and loyalty."—*Woman's Day* As girls growing up in the Clare Valley, Australia, Anna, Bett, and Carrie Quinlan were childhood singing stars known as the Alphabet Sisters. As adults, though, the women haven't spoken in years—ever since Bett's fiancé deserted her to marry the younger Carrie. But now their flamboyant grandmother Lola is turning eighty, and she is determined to reunite the girls for a blowout bash. And no one ever says no to Lola. The women's short visit becomes a much longer commitment when an unexpected turn of events changes everything in ways none of them could ever have imagined. **FIREFLY SUMMER** Maeve Binchy "The best Binchy yet."—*The New York Times Book Review* Kate Ryan and her husband, John, have a rollicking pub in the Irish village of Mountfern, four lovely children, and such wonderful dreams. Then American millionaire Patrick O'Neill comes to town to build a grand hotel, with its promise of wealth and change. As love and hate vie for a town's quiet heart, loyalties are challenged, jealousies ignited, and old traditions begin to crumble away.

**how to get in shape over the summer:** Gardening in Summer-Dry Climates Nora Harlow, 2021-01-05 Dry summer, wet winter climate? This is your must have plant guide. Selecting plants suited to your climate is the first step toward a thriving, largely self-sustaining garden that connects with and supports the natural world. With gentle and compelling text and stunning photographs of plants in garden settings, *Gardening in Summer-Dry Climates* by Nora Harlow and Saxon Holt is a guide to native and climate-adapted plants for summer-dry, winter-wet climates of North America's Pacific coast. Knowing what these climates share and how and why they differ, you can choose to make gardens that maintain and expand local and regional biodiversity, take little from the earth that is not returned, and welcome and accommodate the presence of wildlife. With global warming, it is now even more critical that we garden in tune with climate.

**how to get in shape over the summer:** *Telephony* , 1924

**how to get in shape over the summer:** *Summer Bridge Activities®*, Grades 4 - 5 Summer Bridge Activities, 2012-09-01 Summer Bridge Activities(R) for bridging grades 4-5 is designed specifically for preparing Canadian fourth-grade students for the new year ahead. Reviewed by Canadian teachers and students, this workbook features daily activities in reading, writing, math, and language arts plus a bonus section focusing on character development and healthy lifestyles. The exercises are easy to understand and are presented in a way that allows your child to review familiar skills and then be progressively challenged on more difficult subjects. Give your children the head start they deserve with this fun, easy-to-use, award-winning series, and make learning a yearlong adventure! 160 full-colour perforated pages and an answer key.

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