



ExerciseNZ Media Release – 23 October 2024

The Summer Transition: Body Composition Change During Seasonal Change

As we transition into summer, it's important to understand how our bodies respond to seasonal changes—both voluntary and involuntary. These shifts can happen to anyone, but the good news is that regular exercise can play a crucial role in managing these changes. Whether you're looking to boost muscle tone, shed excess weight, or simply feel your best, staying active is the key to unlocking your summer fitness goals.

Recent studies indicate that seasonal changes impact body composition, particularly in relation to lean mass (LM), fat mass (FM), and overall body conditioning. Research published in [BMC Sports Science, Medicine and Rehabilitation](#), highlights how seasonal transitions from cooler to warmer months bring about changes in body composition, particularly in the distribution of fat and muscle. During this time individuals, specifically those that have an established exercise routine, often experience shifts in body mass, bone density, and muscle development. While the focus has often been on elite athletes, this research provides valuable insights for anyone looking to optimise their health and fitness goals heading into summer.

In addition to regular exercise, staying properly hydrated is essential for maintaining peak performance and body composition during the summer months. Recent research published in [Nutrients](#) Journal emphasises the importance of a targeted hydration strategy, particularly in these warmer conditions, to prevent dehydration and enhance physical performance. Studies show that individuals who follow a personalised hydration plan are better able to maintain fluid balance, avoid excessive sodium loss, and reduce the perception of thirst and physical effort during high-intensity workouts.

- **Lean Mass Increases:** The transition from cooler to warmer months can lead to an increase in lean muscle mass, especially with regular strength and conditioning exercises.
- **Fat Mass Maintenance:** Consistent exercise during warmer months can help manage body fat.

- Bone Density Boost: Increased physical activity during summer, particularly weight-bearing exercises, can improve bone mineral density.
- Hydration: Water and sodium are critical in the warmer months. Commercially available electrolyte drinks can suffice for maintaining hydration.

ExerciseNZ highlights the importance of making the most of the lead-up to summer by staying active and well-hydrated. Whether it's hitting the gym for strength training, swimming, or taking a walk around your neighbourhood, summer provides the perfect opportunity to boost your fitness, enhance body composition, and also improve mental health through exercise. By embracing a healthy lifestyle and regular exercise, Kiwis across Aotearoa can enjoy the benefits of lean muscle growth, better bone health, and overall well-being. For more information or to arrange an interview, please contact Richard Beddie at richard@exercisenz.org.nz or call 0800 66 88 11 or 027-520-5744.