

Stay cool this summer

“Prepare for sweat in places you didn’t know could sweat”

You may still be wearing big jackets, scarves and gloves. You may still be covering underneath an umbrella as the freezing rain and winds beats you mercilessly. Or you might just be slightly chilly – that’s Melbourne weather for you.

Fret not, however, because there are only a few months of this shit weather left.

That’s right, Summer is just around the corner. Glorious, warm summer. Prepare for blistering heat, sweat in places you didn’t know you could sweat, and general un-enthusiasm for doing anything overly active. When those forty degree days come rolling in you will be moaning for the return of winter. At least, you will be if you were stupid enough to rent a house with absolutely no air-conditioning or fans... Like me. But I am getting prepared for summer this time around. It’s expensive going to the pool every day, and herding all my friends to the beach is a pain in the ass. So I’ve compiled a list of things a poor uni student, like myself, can do to keep things cool in summer.



- Invest in an inflatable children’s pool, fill it with ice and use it as a giant esky. This is great for house parties, or even just hanging with your mates. The novelty is great, and it keeps your beer cold. But the best thing is when the ice begins to melt you can use it as a pool. It’ll

give you the nostalgia of being a kid again, but you’ll be surrounded by alcohol. That’s awesome. ProTip: Unless you love it when the party is ruined by someone destroying your house, probably a good idea to keep this a purely outside activity.

- Washing the car. You

think I’m joking? Park your car somewhere in the shade, get a big bucket of icy, soapy water and clean that bad boy. It will cool you down, and you’ll be doing something productive. Take a radio or speakers outside and put on your favourite tunes and you might find the experience

actually fun. And you get to re-enact that clichéd carwash scene in every film by soaking your chest with soap and rinsing it off in slow motion, even if you’re an overweight man with a neckbeard.

- Making your own slushie/slurpees. You can do that,

you know, just Google it. It’s a great feature to have at parties and it’s really easy to do. Plus, you can improve on the recipe with vodka and tequila. Warm spirits are revolting, and everyone always forgets to put drinks in the fridge. Set yourself up a little bar-tending area and become the hero of the party with this unique drink. Warning: sculling a slurpee will induce a brain freeze, and later a hangover. There’s no winning.

- Work out near a body of water. Working out is hard enough already all year round, but in Summer it’s particularly cruel. The sweat, the heat, ugh. No thanks. But keeping fit is important, and if you’re already in a committed work out regime it’s important that you don’t break it, even during the harsh days. If a body of water that you can swim in is nearby, take your workout there. Jog around the lake a few times, or place your yoga mat on a nice quiet beach. The change of atmosphere will be exciting, and the feel of that cold, cold water on your skin after an intense workout will be almost orgasmic. If you don’t live near anything, or don’t want to go to your local pool, just running a cold bath and submerging yourself in the cool water works well too.

- Marathon Breaking Bad in your underwear. It’s a good show, ok?

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