



focus_contributor.

FITNESS UPDATE

with RACHEL LEMAN
FROM MISS MOTIVATOR



KEEP ACTIVE *this*

WINTER

As winter approaches, the weather gets cooler and the days get shorter it is easy to choose your warm bed or the couch over heading out to exercise.

Before you decide to ditch your workout for the day ask yourself this question, is this action truly helping you towards your health and fitness goals? In most cases the answer is likely no.

Winter is a time when our healthy habits can slowly go downhill with the introduction of warm comfort foods and more time spent indoors due to inclement weather.

The best way to approach the cooler months is to have a plan for how you will keep true to yourself when the comfort of the warm bed or couch are calling you to keep them company!

Here are my top tips to keep active during the cooler months:

Set a clear goal to move you through these cooler months. A goal doesn't always have to be specifically fitness related, for example running a marathon or achieving a certain dress size etc. Especially during the winter months, it might be as simple as committing to a regular exercise routine that you do all the way through winter. Once you have your goal, I encourage you to write it down and pop it in a prominent place (on your mirror, desk, fridge etc). This will help to solidify this for you. By placing it somewhere you will see it regularly, it will also help as a little reminder and keep you on track. It's also helpful to ask yourself "why" you want

to set and then achieve this goal. Is it to help your mental health, heart health, bone density, build lean muscles or regulate blood sugar or hormones? Your "why" is critical in helping you stay on track.

Make a plan for the week ahead. Take out your diary and work through where it is possible to do exercise and let those around you know the plan. Block out time on your lunch break (even invite a work colleague), before or after work, make a date to take your dog for a walk or meet a friend at the gym. Starting a busy week with a plan can be really helpful.

Make a date with yourself FOR yourself. We wouldn't let the doctor's appointment or hair appointment pass us by. So don't let yourself down from a health and fitness perspective either. Your health and longevity need you to save time in your busy schedule for you. Your future self will thank you.

Be prepared. Get out the winter woollies and have a backup plan or two in mind if wet weather is going to impact your plan. What can you do indoors, online or at home that still helps you to stay true to you? Getting out for a

brisk walk even if the weather is fresh is always invigorating. Wear a few layers to start with if this makes it easier to get out the door.

Watch your portions. As the weather gets cooler, out comes the slow cooker and other warm comfort foods. These types of meals are really convenient and warming for the soul, but

it can be really tempting to overeat. Try to bulk up on the nutrients contained in your meals, add lots of delicious veggies. The main thing to remember is everything in moderation – watch the portion size. If this is an issue for you, set out some extra containers and dish these out when you are plating up the dinner, then pack them

away for tomorrow's lunch or another delicious meal for another time.

Stay true to you... When the going gets tough, life gets busy or the bed too cosy, keep reminding yourself of all of the reasons that you set out to exercise throughout winter.

If you'd like some more help to keep moving, pop in and chat with the team at Miss Motivator Women's Health and Fitness Centre or give Rachel a call on 0438 388 552.

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