



THE FITNESS SUITE.

Situated at the top end of South Lane, Elland, the Fitness Suite is the brainchild of fitness consultant Chris Ball.. This month Chris helps us avoid the Winter Blues...

Avoid the Winter Blues

Did you know? People who exercise regularly are less likely to get flu.

Exercise is proven to help fight depression and a simple walk everyday can beat the winter blues.

So the temperature has dropped drastically and most of us would agree we hit "hibernation mode". It seems the closer we get to Christmas and the colder the weather becomes, people just want to curl up in front of the TV, take more naps, or start baking (and of course eating) those Christmas goodies we all love so much.

During winter it seems exercise begins to fall further and further down the list of priorities and any excuse in the book becomes good enough reason to skip out on a workout.

Do you suffer from the winter blues? Have you got symptoms that include lack of motivation, fatigue, low energy, feelings of slight depression and cravings for comfort type foods that are not necessarily the healthiest of choices?

Exercise is a great way to help avoid these feelings because not only does it help maintain healthy body weight, it could also be used as a great stress relief and the "feel good" benefits of exercise can be felt for a few hours after a workout to keep you "feeling good" for longer.

So how do you keep motivated?

Nothing drains motivation like boredom so keeping active is essential. Plan ahead, write your training times in your diary and try to stick to them. You'll be less likely to miss training when you know to plan around it.

Set yourself some clear goals and reward yourself for reaching them. I teach my clients to think outside the box when it comes to rewards. Try to

avoid rewarding yourself with food because your diet has been good all week. After all, you don't see a smoker rewarding themselves with a cigarette because they haven't smoked for a month. Buying clothes is a great way. As you lose weight your clothes won't fit you so new clothes are essential, also you have something new to show for your hard work.

If you are one of the brave individuals who continue exercising outdoors throughout the winter, be sure to do a proper warm-up before-hand, wear appropriate clothing, and beware of ice or slippery surfaces, there's nothing like a broken bone to put you out of action for 4 months.

Sign up with a friend to help you stay motivated

When the cold weather gets too much, try finding an indoor fitness class such as Zumba, Pilates or total tone. Sign up with a friend to help you stay motivated and hold each other accountable to attend regular classes - this makes it more fun!

If you are not one for going to the gym to put some miles on the treadmill or lift weights, try a workout DVD or book a session with a personal trainer who can set you up with a program you can perform in your own living room with very little equipment.

To avoid unwanted weight gain and stay healthy over these winter months be sure to stick to a regular exercise routine. If you are having trouble finding time in your busy schedule, don't use this as an excuse, you can always break your exercises into short 10-minute bouts throughout the day. The idea of taking a "break" from your exercise routine and starting up again in the New Year will just make it more difficult to find motivation and get back on track.

If you have any further questions about how you can beat the winter blues you can come down to my Fitness Suite in Elland, alternatively email me askchris@thefitnesssuiteelland.co.uk

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(You do not have to be a member to attend a class, although due to demand please book)

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<p>Offer 1.</p> <p>12 Days Of XMAS £12 (expires 31.01.12)</p>	<p>Offer 2.</p> <p>FREE Zumba (Valid one class per person till 30.11.11)</p>	<p>Offer 3.</p> <p>25% OFF Pole Fitness (Valid one class per person till 30.11.11)</p>
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* All offers to be mentioned when booking, vouchers must be presented when attending.

For more info visit: www.thefitnesssuiteelland.co.uk