

[IMAGE]

Get Ready for Winter With the Right Workout Now

By Editorial Staff

It may only be the end of August, but before you know it, winter will be here, with shorter days, longer nights, colder, wetter weather, and a host of other reasons many people use as excuses to stop exercising regularly. But not you, because that's not who you are. So let's take a look at some strategies to steel yourself for those challenging winter months now so when the time comes, you're in the best position to stay the course and stay fit through 2016 and into 2017:

- *Don't lock yourself in:* Too many people don't mix things up when it comes to their exercise routine. They go to a gym, work out at home, jog outside, etc., but don't incorporate most or all of those activities into their fitness strategy. That's a big mistake when it comes to winter fitness, because you need flexibility when bad weather and other circumstances rear their ugly heads. The Solution: Develop a well-rounded exercise routine that allows you to adjust on the fly when needed.
- *Focus on moderation:* This is great advice when it comes to almost anything, but in terms of this conversation, it means being able to keep on fighting the fitness fight even when you need to take a day off, change your workout time, or otherwise go outside of your customary fitness box. If you're too rigid, one small bump in the road could send you careening off your exercise program for days, weeks or longer.
- *The Solution:* Constantly remind yourself that fitness is a marathon, not a sprint. Don't be afraid to take a break if circumstances warrant it, but also ensure you get back on track as soon as possible.
- *Plan ahead:* It's not just the shorter days and inclement weather that can waylay your fitness goals; it's also the inevitable holiday extravaganzas that seem to multiply exponentially during the winter months. That can be a big hurdle to overcome, but only if you let it. The Solution: Anticipating a busy week that limits your exercise options, or a holiday party that could turn your nutrition plan upside down? Plan ahead by front-loading your exercise and sound nutrition a few weeks earlier so you won't have to stress as much.

Half the battle when it comes to fitness is the mental aspect, but the solutions above can help you survive – and succeed – in the months ahead and beyond. In fact, you'll probably find that this advice isn't just

helpful for winter; it's a strategy that can benefit you and your lifelong quest for health year-round.

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