



## FITNESS NEWS

BY CARLA GROSSETTI

# Winter workouts

IT'S HARDER TO STAY ACTIVE WHEN IT'S COLD. HERE'S HOW TO STICK TO YOUR FITNESS PLAN



**M**any of us would rather hit the snooze button than get up early to exercise in winter. Here are five tips to ensure you stick to your fitness plan when the temperature plummets.

■ **Find a training partner.** Dr Stephanie Hanrahan, associate professor at the School of Human Movement Studies at the University of Queensland, says: "Knowing a training partner is going to knock on your door at 5.30am means you are less likely to stay curled up under the doona."

■ **Be realistic.** Find a time that suits your schedule. If you individualise your routine you will have more of a chance of succeeding in your fitness goals. "If you are a couch potato, don't suddenly aim to exercise seven days a week in winter. Be realistic," Dr Hanrahan says.

■ **Avoid the big chill.** "Winter is not just about going skiing or snowboarding.

You can rug up and go for a brisk walk or do a bit of weeding – anything to

keep you moving, which has the added bonus of generating extra body heat, which in turn helps you stay warm," Dr Hanrahan says.

■ **Stay positive.** University of New South Wales exercise scientist Martha Lourey-Bird says being fit helps lift your mood. She says staying active in winter floods your body with feel-good chemicals that enhance your health and aid in the prevention of disease. Research also shows regular exercise helps relieve anxiety and prevent seasonal affective disorder (SAD).

■ **Personalise your training program.** Lourey-Bird, who wrote *Exercise And The F Word ... FUN* (Insight Publishing), says disguising the fact that you are exercising means you are more likely to stay motivated in winter. "Go for a walk and a talk with a girlfriend, listen to music or download a podcast from your favourite radio station... anything to keep your exercise routine interesting," she says.