

Health and Fitness For The Busy Woman Tips to Stay Fit in The Cold

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Dashing through the snow...in a one horse open sleigh —Oh wait, this is Houston. But even Houston weather can have you so cold that you can't even think about working out. Cold temperatures and dreary days can wreak havoc on your workout motivation....only IF you let them. Divas, we have to overcome our lack of motivation and stay on track all season long.

The truth is, fitness in cold weather can be quite challenging. Hey, I know, sometimes the truth hurts. One thing I've discovered personally over the years is that some of the best ways to make winter exercise easier is to make it fun and give it variety. The cold weather motivators listed below will really work.

Find a friend. It's much safer and more fun to train with your friends in the winter. Everyone has trouble leaving a nice warm bed. But, if you know that someone is waiting for you, it's much easier to get motivated. It is also much safer in case someone should get in trouble.

Sleep in your workout clothes. If you're a morning exerciser and it's usually cold inside and outside when you wake up, the thought of getting out of your warm cozy bed and stripping out of your pj's into a cold cruel room can be quite shocking to your body thermometer. I suggest you save yourself a step and prevent the chill and just sleep in your workout attire. All you'll have to do is jump out of bed, step into your shoes (left by the bedside), and go face the fitness world...note, brushing your teeth would be wise before leaving the house

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Go straight to the gym. If evening is your best time to workout, grab your gym bag when you leave for work in the morning and head straight to the gym instead of going home or fulfilling your “honey do” list. Now, ladies, we know when we go into the local grocery store for a gallon of milk we end up spending at least an hour remembering that we need this and that. That can make us late for our scheduled class at the gym. And of course you already know that if we make it home...IT’S A WRAP. The bed calls our name.

Pump up the volume. There’s nothing more motivating than music. Create a new playlist of upbeat songs that will make you move. When your winter workouts aren’t calling your name, put on your playlist to find your inspiration and energy to get you going.

Exercise during your lunch break. High temperatures and maximum sunshine usually occur midday, so use your lunch break to squeeze in a walk or other office-friendly exercise. Plus, when you use your lunch break to work out, you won’t have time to be tempted by fast food or other high-calorie restaurant fare; simply pack a healthful lunch to bring with you. It’s a win-win situation!

So, instead of being a couch potato in the winter and using the cold as an excuse, try some of these tips and keep working off those extra holiday calories that you could possibly put on the last few weeks of 2012. Remember: Calories in vs Calories out

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