

staying fit

in cold winter months

**YOUR BODY
DOESN'T HAVE
TO GO SOUTH
WITH THE SUN**

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GONE ARE THE CAREFREE DAYS OF SUMMER WHEN WAKING UP WITH THE SUN MEANT EXTRA TIME FOR RUNNING, WALKING, HIKING, CYCLING, AND COUNTLESS OTHER ACTIVITIES THAT HELP YOU KEEP FIT FOR THE SKIN-BARING SEASON. LIKE IT OR NOT, WINTER IS JUST AROUND THE CORNER.

Shorter days pose a threat to exercise and fitness routines, as do the seasonal holidays filled with decadent dishes daring you to tip the scales in the wrong direction. Happily, you don't have to dodge such indulgences—a healthy fitness plan will help you stay fit year-round.

In climates where winter brings short days, long nights and frigid temperatures, popular exercise regimes like running and biking are often thwarted and your motivation can be diminished.

Decisive's winter fitness tips will help you keep motivation high.

1. **Make an exercise schedule** and stick to it. Getting into the habit of putting your schedule in writing helps you feel more accountable for following through with your plan.
2. **Join a fun exercise class.** It may be difficult to get out of bed just to go to the gym and do the same old-same old, but joining a new spin or yoga class can be just the change you need to keep you motivated.
3. **Invest in a stationary bike or treadmill.** With winter comes new episodes of your favorite prime time TV shows. Multi-task during television time by adding an exercise component. You can look forward to seeing how the plots and characters develop—and stay fit.
4. **Weight training exercises** will help you hold on to the muscle you developed over the summer at home. You can do body weight exercises like pushups and sit-ups, or use dumbbells to get in a fast and complete workout. Make it fun by challenging yourself during TV commercials to see how many exercises you can complete.
5. **Control your portion sizes.** Winter is packed with wonderful holiday traditions featuring mouth-watering calorie-rich foods. Don't overdo it. After you fill your plate, divide your portions in half. Eat half and ask for some foil to take the rest home for the next day. That way you won't be depriving yourself, and you won't be overdoing it either.

By the way, winter doesn't have to mean indoors. With fun seasonal activities like snowboarding, snowshoeing, sledding and cross-country skiing, you'll emerge from winter just as fit as you entered, and be happier for it too. **DB**