

Stay motivated and fit during the winter months³

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Most people lose the motivation to exercise in the winter.

Maybe it's because we can cover up in bulky clothes or maybe it's the colder weather and shorter days. Whatever the reason there are a few easy ways to keep up your exercise regime over the winter months.

Get the gear

Having the right equipment for each season is important.

You wear shorts and t-shirts in the summer to keep cool so make sure you have proper winter workout clothing as well. Stock up on comfortable and moveable clothing like track pants and long-sleeve shirts. Buy new running shoes if your old ones are worn out and make sure to get weather appropriate footwear. If you like to hike or run outdoors try to find shoes that can withstand the cold and wet conditions. You may need to invest in breathable jackets that let the sweat out but still keep you warm.

With new fabric technologies out there it's easy to find good quality sportswear that will last. Having the right equipment is just the first step. Keep your gym stuff where it's visible and accessible so you're constantly reminded to stay active.

What next

Now that you have the proper



equipment, what's next? There are lots of fun activities to do in the colder months to keep you active and healthy. Following these simple tips will get you moving and motivated and will improve your mood during the long winter months.

- Find activities that you enjoy

doing so you'll want to keep doing them.

- Try something new like a dance class or skating if you've never done it before and mix things up a little. It will keep you interested.

- Schedule workouts and activities for when you have enough time.

If you're rushing or squeezing it in, you'll make excuses to miss it.

- Find a workout buddy who will keep you motivated. Working out with someone else will give you a reason to keep going. You won't want to let them down and they will feel the same.

- Small changes can make a difference too. Take the stairs or park a few spaces further away from the building so you have to walk a little bit further.

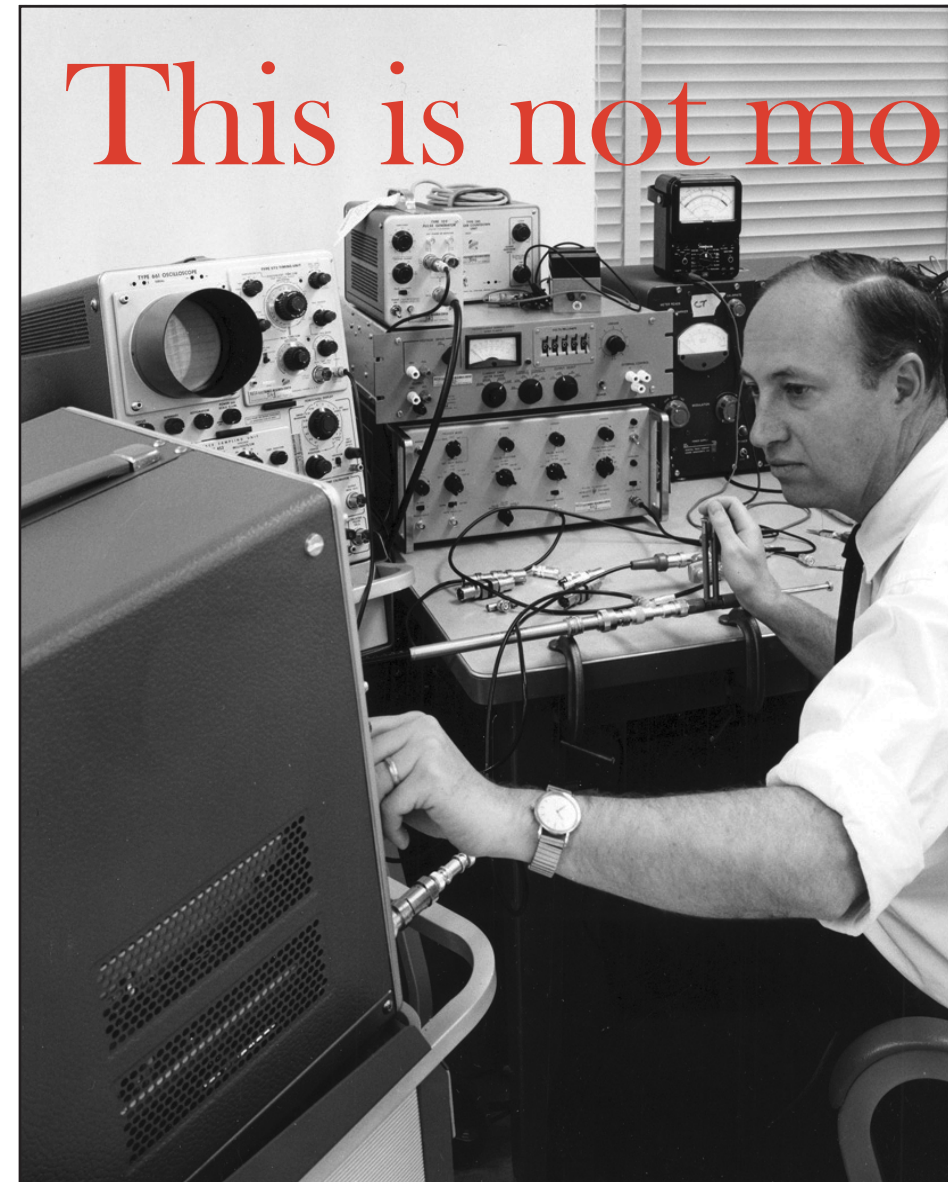
- Pick a few short exercises that you can do on your lunch break or at your desk at work.

- Try and get out in the daylight each day. Even a 10 minute walk outside will help boost your mood and increase your energy.

Don't be discouraged by the cold. Bundle up and take your workouts outside. Hiking, skiing, snowshoeing and team sports like football are fun ways to stay active in the winter. If you prefer to stay indoors then look into local gyms, aerobics or dance classes, yoga or visit your local pool to find out their schedule. The most important thing is to keep moving.

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