

yourself Get the life you want

the winter weight gain t

From stodgy comfort food to nights in front of the TV, the colder weather can make even the most dedicated fitness fan want to hibernate. Our experts provide the inspiration to get off the sofa and go for it



MOTIVATION: An exercise buddy can help keep you in shape in the run-up to Christmas
Picture: GETTY

in a bikini is often what drives people to the gym."
THE SOLUTION: The first step is to identify what it is that is keeping you from exercising.
If the rainy dark nights put you off then Richard suggests tailoring your workout to suit your winter needs. "If you don't fancy going for a run then try a new workout class instead," he says.
"If you aren't a member of a gym you could even take up a winter sport. There are lots of indoor ski slopes and skiing burns up to 500 calories per hour. Even sledging counts."
If getting motivated is the problem Richard suggests bootcamps or group exercise classes because watching other people's positive attitude and determination will carry you through.
"Illumination bootcamps (regimentfitness.co.uk) make the most of the dark evenings. Everything is lit up, even the equipment and it's really good fun," he says.
Partnering up with an exercise buddy can increase motivation because if you don't turn up you'll be letting someone down.
For Richard, being cold isn't an excuse. "There's no such thing as bad

weather here. We live in the UK not Alaska. It's simply a case of finding appropriate clothing.
"No matter what workout you choose aim to do it three times a week for 30 to 45 minutes and if you really can't bring yourself to leave the house there are always exercise DVDs."
See our top three, above right.
NURTURING NUTRITION
THE PROBLEM: "With mounting deadlines and more pressure to get everything done before the new year people tend to work extra hard in the lead-up to Christmas," says nutritionist Dr Simone Laubscher (welleco.com), whose clients include Elle Macpherson.
"It's hard to resist the urge to reach for something quick and easy to eat, regardless of how bad it might be for us. We want hot, comforting food."
People also tend to bring more treats into the office at this time of year, such as mince pies or Christmas cake, which can be very tempting.
Combined with office parties we often find ourselves eating and drinking more than usual.
THE SOLUTION: Good winter food needn't be unhealthy and if you fancy

carbs it's easy to opt for healthier options such as quinoa, pearl barley and wild rice.
"Make stews and risottos which will provide a sense of comfort but aren't unhealthy," she says. "Cooked salmon with kale is lovely and warming but low in calories."
She advises starting the day with a refreshing cup of hot water with lemon, ginger and a pinch of cayenne pepper.
"It's a pick-me-up without the caffeine," she says.
For breakfast try to pick something warming which has slow-releasing energy, such as a big bowl of porridge or muesli with warm almond milk.
She advises living by the 80/20 rule. "If you eat well for the majority of the week you can treat yourself 20 per cent of the time, which equates to about one-and-a-half days per week."
To beat the bloat in time for Christmas switch your normal bread to pitta and swap white potatoes for sweet potatoes.
"You'll be less fatigued, have more energy and be better able to deal with stress," she adds.

Interviews by HANNAH BRITT

Beachbody Focus T25, from £99
Focus T25 is from the creators of Insanity, the high intensity interval training (HIIT) workout. It pledges to get you fit, trim and toned in five 25-minute sessions per week using fast-paced circuit training. (beachbody.co.uk)

Elements of Yoga: Air And Water Flow, £10.99
Cat Deeley's yoga teacher guides you through a series of movements designed to open up your body and restore a sense of balance. As well as focusing on relaxation it contains a thorough core workout. (yogamatters.co.uk)

ADVERTISEMENT FEATURE

Dress to thrill

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THE countdown to the festive season is on, but if you're anything like us, right now it isn't wrapping presents that's on our mind, it's what we'll be wearing to those fabulous Christmas parties.
Luckily, isme.com has got everything you need to make your entrance in style. Their sensational dress collection has something for everyone but we're particularly loving this Definitions Bow Back Lace Dress. Whether you're going out for Christmas cocktails, showing off your moves at the work do or sitting down to dinner on Christmas Day, this green lace number - shown off to perfection by isme.com's brand ambassador Carol Vorderman - is set to be a hit.
The cut is flattering, the colour is eye-catching and lace is so hot right now. Plus it's just different enough to make sure you stand out from the crowd.
Pull on a pair of statement heels and pop a clutch under your arm - we're loving the Erin Sequin Pouch - and you're good to go.
At isme.com they have lots of styles to choose from, so head online to find your perfect number today.

Carol's outfit: Definitions Bow Back Lace Dress, £49; Erin Sequin Pouch, £10

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