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As the weather turns cold and gloomy, it is not uncommon for people to put on a little winter 'insulation'. For starters, it's harder to exercise outside, let alone enjoy it, when the rain is falling and the wind is lashing, and high fat comfort foods, such as creamy pastas and pies, seem a whole lot more appealing than salads and grilled fish. But despite these challenges, staying fit and healthy through winter isn't as tricky as it sounds – it just takes a few subtle lifestyle changes.

### Combat comfort eating

Calorie-laden foods can be tempting because they seem filling, but winter is the ideal time to make the most of the hearty, in-season vegetables such as broccoli, cauliflower, radishes and sweet potato. Plus, while watermelon might be harder to come by, there are lots of delicious fruits on offer during the cooler months – not to mention tonnes of tasty things to do with them. Oranges, kiwi fruit and grapefruit are plentiful at this time of year and fruits like rhubarb, pear and apple can be poached or stewed with cinnamon.



Susie Burrell, a sports dietician who specialises in weight loss for women, recommends adding soup

### Get moving

Find a way of moving that suits your needs, fits your lifestyle and is something that you'll enjoy. Not everything works for everyone and the key to not being sedentary through winter lies in finding the best exercise programme for you.

"If you cannot get out of bed when it is dark, do not set yourself up for failure by scheduling your workout in the morning," says Burrell. Setting a time you're more likely to stick to is a smarter plan and Burrell also advises: "Schedule in your workouts with a friend so you do not press snooze and miss your session all together." Injecting variety into your workout will not only help you get better results, it will stop you from getting bored and heading back to the couch. Vary your routine with sessions of aerobic, anaerobic and flexibility training. Cycling, running, walking, dancing and swimming are all forms of aerobic exercise that will get the blood pumping and help strengthen the heart. Weight lifting and strengthening exercises may not give you such a cardio workout, but they use your muscles at high intensity for a short period of time, increasing your muscle strength. Flexibility exercises involve gentle, stretching movements to increase the length of your muscles and the effective range of motion in your joints.



"Workouts that focus on stretching and balancing the body, such as yoga, are a great way to add variety to your fitness schedule," explains personal trainer Pouna P. Farasaidj who appeared on Celebrity Overhaul and has trained celebrities including Kieran Perkins, Ita Buttrose and Kate Fischer. "Adding these forms of exercise to your training will create elegant, elongated and feminine



## Get moving

This machine emits vibrations that cause the muscles to contract involuntarily, increasing the benefits from your workout without turning up the intensity.

Power-Plate® My5, \$8800



"You can use your own house or backyard to do strength training using your own body weight as resistance against gravity."

She recommends a circuit incorporating push-ups, tricep dips, sit ups, squats, lunges and skipping. This type of programme gives you a whole body workout combining strength and cardiovascular drills for both your heart and your muscles. If you want to include weights in your workout, a two litre juice or milk bottle filled with water gives you a two kilogram weight.



P also recommends climbing stairs, which she says can be done anytime, anywhere. "This is a fabulous workout because it is a combination of cardiovascular training, thus burning fat and depleting calories, and effective toning and sculpting exercise for your buttocks, thighs and calves."

Not everyone has the space for a home gym, but a few at-home machines can also be used to complement your training regime.

Two to try:  
**Endermologie Wellbox Personal Body Optimiser, \$POA** – A small, easy-to-store device that uses tissular rolling and lifting techniques to help firm the body and increase circulation. It is also great for soothing muscle soreness after training.

**Power-Plate® My5, \$8800** – This machine emits vibrations that cause the muscles to contract involuntarily, increasing the benefits from your workout without turning up the intensity. Holding a squat on the Power-Plate for 30 seconds, for example, is the equivalent of doing 900 squats. Beyond toning your limbs, this machine is also said to improve the appearance and texture of cellulite and increases bone density and muscle flexibility. Celebrity fans include Kylie Minogue, Elle MacPherson, Claudia Schiffer and Natalie Imbruglia.

**Stay motivated**  
If you don't want to exercise, the bottom line is you won't. You need to find some motivation to get you moving and keep you moving.

"Set goals, write them down and don't stop until you attain them," says P. "People always work more efficiently when driven by an ultimate goal or a vision of how they want to look, feel or be. Set goals based on your clothing size, your fitness level or something as simple as being able to run around the oval with your children. Then work towards that goal everyday until you get there."



Done

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