

Winter exercise tips:

Work smart to avoid the cooling off period this winter

For many people winter means winding back or stopping exercise altogether. Whilst you can leave the nutrition side of things to Lite n' Easy, with a little thought and dedication you can also add in some easy exercise to make the winter months a fantastic time to drop some kilos and avoid that pre-summer panic!

Consider the following strategies then make a start – you'll not only feel better now but you'll also enjoy getting the heads up on summer.

Tip #1



Exercising at a gym or an indoor swimming pool is a great way to get fit without having to face the chilly conditions outside.

Tip #2



Google it! A simple browse through the internet will reveal an infinite number of exercise options you can do at home, many of which require minimal or no "equipment" whatsoever.

Tip #3



Ok, let's be honest - we live in Australia, not Antarctica. And with today's breathable exercise clothing, we can stay warm and exercise even when it's a little chilly outside. But if the cold really is an issue for you, plan your exercise for the warmest part of the day.

So there you have it, some very simple and effective ways you can resist the hibernation effect and make the positive changes you'd like to make.

Lite n' Easy
Simply eat well

