



health & wellbeing

winter motivation

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June 2008



Are you lacking the get-up-and-go you need to get you through Winter? Well you're not alone!

Many people lose motivation in winter to brave the outdoors for their usual walk or run, and there seems to be no time to get things done at night as it gets dark earlier. If you find you're struck down with the winter blues, you may like to know that scientific studies have shown that exercise can in fact boost your mood, having positive effects on depression, anxiety and self-esteem!¹

Attack exercise head on!

With that in mind, there are a few things to remember when planning your exercise regime.

Firstly, you don't need long periods of time set aside for exercise if you don't have them – three 10-minute sessions spread throughout the day has the same benefits as doing one 30-minute session.

Also keep in mind that the most effective exercise plan is one that you will actually stick to in the long term, so be realistic! For instance, if you like to sleep in or start work early, schedule a walk, run or gym session later in the day.

If you don't like the cold, plan some indoor activities. For instance, set a circuit up in your lounge room with a skipping rope to boost the heart rate and stations for sit ups, push ups, tricep dips and lunges. If you're short of space, find a staircase and run up and down for interval sessions or try an exercise DVD.



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Phone a friend

If you're still not convinced to get moving during winter, you may find that your family or friends are in the same situation— so why not grab a partner to join you. Social support can have a positive influence on physical and mental wellbeing and motivation levels, so use friends or family help you achieve your goals.

Stay hydrated

Staying hydrated is equally as important in winter as it is in summer, particularly if you're constantly in a warm and heated environment.

The trouble with winter is that you don't have the hot sun to remind you to keep drinking. So set yourself regular breaks to top up your fluids throughout the day and your exercise sessions.

Finding ways to stay active that fit into your daily routine can help keep your motivation levels up this winter making sure you remain healthy and energetic during the cooler months!

References:

1. Fox, K.R. The influence of physical activity on mental well-being. *Public Health Nutr* 2, 411-8 (1999).