



# Winter is Here

Growing up in Cape Town, winter was synonymous with rain, rain and more rain. With my travels over the years, I managed to experience winter in various cities like London, Paris, New York and windy Wellington. So as we start the month of June, I'm particularly excited to experience my first winter in Melbourne. One thing I don't intend on doing this winter is "hibernate".

In other words, to stay indoors, eat more and do less. After all, staying indoors, watching movies and drinking hot chocolate does sound more appealing than doing a workout. However, it's important to get moving and keep moving especially during the colder winter months.



remember that some exercise is better than no exercise

## 10 WAYS TO GET ACTIVE INDOORS IN WINTER

- Yoga
- Pilates
- Stationary bikes
- treadmills
- Gym
- Racquet sports
- Online workouts
- Dancing
- Swimming
- Indoor sports

### DID YOU KNOW?

50,000 cells in your body will have died and been replaced while you have been reading this sentence.

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## 7 Benefits of exercise in winter

- **Improve your mood:** feel good hormones like endorphins and serotonin are released, which can uplift your mood and fight off the winter blues
- **Promote better sleep:** boosts serotonin levels and regulates body temp, promoting better sleep
- **Boost energy levels:** increases blood flow and sends oxygen and nutrients to your tissues helping your cardiovascular system to work more efficiently, leaving more energy to tackle daily chores
- **Control weight:** colder temperatures can improve your body's ability to regulate its temperature, as your body works to stay warm, your metabolism is kicked into overdrive, burning more calories
- **Help to prevent health conditions and diseases:** inactivity can put you at risk of developing chronic conditions such as hypertension, cardiovascular disease or diabetes
- **Boost your immunity:** increased blood circulation causes your immune cells to circulate quicker helping fight off unwanted diseases
- **Reduce pain and inflammation:** cold weather can reduce inflammation and pain, similar to putting ice on an injury

