

TOO HOT, TOO COLD, TOO WET, TOO WINDY!

Autumn is upon us and with autumn comes the unpredictability of the weather. One day it is too hot and the next it is too cold, but whatever is happening with our weather winter is on the way. Are you ready for it?



Many people take this opportunity to put their health regime on hold because it is "Too hot, too cold, too wet, too windy!" "I will wait until the weather gets better", "no-one will see me with my winter clothes on anyway".

Regardless of the weather stay healthy, stay focussed and why not get some great results in the process. Here are a few things to consider as we move into a cooler climate:

1. Be one of the few who actually take or maintain action through Autumn and Winter and look great when Spring hits, instead of letting yourself go and then panicking as Spring fast approaches.
2. The cooler weather is a great time to exercise as when it is colder your metabolism works faster to keep you warm. This means you also burn more fat. Train nude in winter - a great way to get lean!
3. You are waterproof!
4. Develop an easy and appropriate wet weather exercise plan if that is no consolation!
5. Be aware of changes of temperature and be prepared with appropriate clothing.
6. Keep drinking lots of water, even though you may not feel as thirsty.
7. Fortify your immune system and cellular health to prevent the bugs, flu's, coughs and colds by doing the following:
 - a. Lots of fruit and vegetables (try organic)
 - b. More green tea's
 - c. Extra vitamin C
 - d. Get a good quality multivitamin/mineral high in anti-oxidants and phytochemicals
 - e. Eat extra fish and take a quality omega 3 supplement
7. Enjoy a balance of beautiful fresh warming foods during the cooler months – soups, casseroles etc
8. Stay focussed on your health and minimise the many distractions that prevent most people from keeping the 'mojo' during the cooler climate.
9. Remember your health is in your hands – don't use the weather as an excuse
10. Enjoy