

STAY MOTIVATED TO EXERCISE DURING WINTER

Exercise in your home

Not everyone has the space or the budget to add a home gym. However, you don't need a lot of space. A fitness ball can help you accomplish a lot. You can purchase a fold-up treadmill. Or consider simply purchasing a few fitness DVDs. Then, when it's absolutely too cold to head outside, you can work out at home. You'll still accomplish your daily fitness goal and you'll avoid the cold.

Bundle up

With the exception of the dangerously cold days, there's little risk to exercising outside. All you need is the proper gear. If you're a runner, then a pair of tights and layers of clothing work best. Don't forget a hat and gloves. Running or exercising outdoors during the winter months will actually help you feel great. When the sky is cloudy and the air is cool, the exercise will give you those feel-good endorphins.

Join a club

Winter is a great time to join a fitness club. When you join a club you have access to much more fitness equipment and opportunities. That alone can be motivating. You'll be able to try new things and perhaps meet new people. Find a club that's close to home or on your normal route so it's easy to get to. You won't have any excuses to not exercise.

Set a goal

When you set a goal for yourself it's easier to get and stay motivated. Your goal can be whatever motivates you. For example, you could set a weight-loss goal. You could also set an endurance or speed goal depending on your fitness program. If you take yoga, you might set a goal to achieve a complicated pose. If you're in martial arts, maybe you can achieve a new belt.

Be nicer to yourself

If getting out and exercising during the winter is difficult, then reward yourself. When you do get out and exercise, pat yourself on the back with something you enjoy. For example, if you go to the gym or out for a run, celebrate with a massage or a bowl of your favorite soup.