

Do not let Winter beat you. We can help you with the exercise blues.

Even for the fittest people out there, training is a constant challenge, and this is the time of year when the most people just don't have the drive to answer that challenge. Full Bottle Fitness will try and motivate you with a few ideas.

1. EMBRACE THE COLD WEATHER - One of the best way to stay in shape during the cold months is to get out there and face it like a warrior. Whether skiing or just bundling up and going for a run, getting outside will be invigorating and will provide a great change of pace from cooping yourself up inside. The Full Bottle Fitness Saturday Loaded March is a great way to embrace the conditions. We train in the hills every Saturday morning at Rowney Warren if you fancy it?

2. BUY YOURSELF NEW GEAR - You will want some new clothes or shoes to help you get out. This will help you look better while working out, but more importantly, it will provide you with the proper attire to face the cold. Don't feel the need to spend a fortune but don't go for the cheapest available unless you can tell that they will be effective.

3. SET A BIG GOAL - If you don't have a set training goal, or have been slacking off with the one that you made, it's time for a change. Whether you want to lose weight, put up better numbers or get faster, set a reasonable goal and make it as specific as possible. Try to think of a goal that involves numbers or a concrete accomplishment and can be measured.

4. GET A WORKOUT WINGMAN - Training with a friend is one of the best ways to increase your chance of success. Making the commitment to train with someone, whether it's a friend or Personal Trainer often forces a different increased level of effort in your training. You will be pushing each other to achieve more and you'll probably have a much better time getting fit than you'd have alone. If you need a wingman call us today as we offer Personal Training and social fitness classes so we will be able to find a solution for you.

5. OVERHAUL YOUR DIET - It's a very simple tip that applies any time of year, but winter is when most people stay in, warm up and eat fatty foods. You can't out-train a bad diet. Keep that in mind, and know that the good thing about being more active is that you'll be more conscious of what you're putting into your body since you won't want to undo all that hard work.

6. TRY SOMETHING COMPLETELY NEW- Doing something new will force you to be fully engaged with the activity, helping you stay away from boredom that could lead you down the path of stagnation or backtracking. Whatever you haven't tried yet but have always had some interest, whether it's Metafit, Boxercise or something else, just get some good instruction and take this tough time of year and make it into a learning experience.