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DECEMBER 2017 Health & Wellbeing Newsletter



# Resolution time!

January is fast approaching and with it the traditional New Year's resolutions. We all make resolutions with enthusiasm, optimism and positivity but rarely do they make it past the end of the month. In fact a recent survey revealed that the average length of time for sticking to a resolution is just 24 days, with only 3% likely to maintain them for 12 months.

## Why do so many resolutions fail?

It's probably because they are unrealistic to start with or too complicated. When setting any goal it is important to keep in mind the following criteria, **Specific, Measurable, Achievable, Realistic and Time-bound**. Make your goals SMART.

You will be much more likely to succeed if the goal is well thought-out to start with. The most common

New Year's resolutions are – lose weight, exercise more and stop smoking. All admirable and worthy and approved of by all here at Healthy Performance Towers, but they are all a little lacking in detail. Apply the SMART criteria and 'Hey Presto', you have workable goals! 'Lose 2lb per week, every week for 2 months' or 'Attend Zumba class once a week each week for 6 months' and 'Reduce cigarettes to 5 a day by the end of February 2017', are much SMARTER goals and get better results!

And don't forget that there are some great health and wellbeing events in January that you can get involved with to help with your resolutions! Check out **Dry January, Love your Liver** and **National Obesity Week**.



## Food of the Month - Kale

High in Vitamin A, Vitamin C and calcium. Not just for smoothies! Eat raw or steamed with a squeeze of lemon. Or why not make a soup?

“ Education is the passport to the future, for tomorrow belongs to those who prepare for it today ”

Malcolm X



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## Winter and Spring exercise

It can be a hard time of year to maintain exercise frequency, but it is really important that we do. A break of a couple of months can really impact on your fitness and training goals, not to mention weight management, at a time of year when we might be generally less active and eat more hearty foods. If you like to exercise outside there is no need to stop completely over winter, but there is a need to do things differently. Here are our top tips for keeping going when the weather is less favourable.

### Layer up

You will need to stay warm, so make sure that you wear an extra layer, but remember you will generate heat as you train so don't overdo it. Wear a hat and thin gloves and go for running tights instead of shorts.

### Get prepared

It seems obvious but check the weather report! Look out for wind and rain, ice, fog and snow. If you

know what's coming your way, you can be prepared. Select the right clothes, but also think about your bike or running route and change it if necessary.

### Be realistic

You may need to reduce the intensity, duration or type of exercise over the winter. Be flexible with what you want to achieve. Now is not the time to break records and remember, a different workout is better than no workout at all.

### Warm up properly

You will need to extend your warm-up or move it to inside on cold days. This is to reduce the risk of injury from training on cold, stiff muscles and joints.

### Go indoors

You may wish to consider switching totally to indoor training for the worst of the winter. Check out local classes and gyms, get a turbo trainer for your bike or invest in a treadmill or rowing machine.

## Tip of the Month

Alternate your alcoholic and non-alcoholic drinks at New Year and avoid binge drinking your way through the end of 2017. Eat snacks during the evening too and start 2018 with a spring in your step not a fog in your head.