

## **5 Tips To Stay Healthy This Autumn**

We've all noticed the change in a season the last few weeks. As the temperatures outside drop and leaves begin to fall we know that Autumn is here. It's the favourite time of the year for some yet the earlier nights and darker mornings aren't for everyone. As a result, the colder weather and the impending holidays result in falling off with their training.

As such we thought at Perform Ready Clinic we would put together 5 tips to try keep you on the fitness wagon at this time of year.

### **#1 Dress For The Weather**

Given the temperatures are falling make sure you wear proper clothing if exercising outside. Not only will this stop you being deterred from venturing outside in the first place, it'll make your workout more enjoyable and stop you getting ill in the process. The correct clothing and accessories (hats, gloves), the less bulky the better, will allow for warmth and make outdoor fitness more enjoyable at this time of year.

### **#2 Stay Hydrated**

As the temperatures fall your probably more likely to head to the coffee pot rather than a cold drink. But if your exercising its important to stay hydrated even when temperatures cool down. Whilst you might feel less thirsty when it's not as warm outside, staying hydrated is still so important. Keep a bottle with you during the day to try stay hydrated.

### **#3 Turn Autumn Tasks Into A Workout**

Things like sweeping leaves can act as great exercise options. Try turning outdoor tasks like these into a game by setting small, achievable goals to help pass time and burn away fat.

### **#4 Take Your Workout Indoors**

The colder weather and darker mornings and evenings can make it difficult to stay motivated with exercise. Changing your training location to include different indoor activities can be one great way to help keep exercising whilst also allowing you to build confidence with other activities you might not ordinarily do.

### **#5 Be Realistic With Your Training Schedule**

With the impending holiday season on the horizon our schedules can fill up very quickly. I you know of upcoming events/functions try plan your training around these in advance. This

might mean some weeks you don't commit to hours and hours at the gym and prioritise other activities with family and friends.

Think about how much time you will realistically have and plan accordingly your training. Then hopefully you'll get the best of both; a continuing exercise schedule whilst being able to spend time also with family and friends.

If you have any further tips for staying healthy during this time of year please let us know so we can share these with our members.

Hopefully these tips will help you stay healthy this Autumn.

As always, any questions don't hesitate to get in touch.

Enjoy the rest of your week

Yours in health

Andy