

METROMONTHLY

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Welcome to the MetroBody Fitness monthly newsletter.

Aimed to be interesting and informative.

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Winter Blues and Weight Gain The slowing down cycle

By Chris Gregoriou

Cold winters mornings, do you jump out of bed full of energy?

Did you know that winter is a time of hibernation? After all, who hasn't snuggled further underneath the covers for a little extra sleep on a cold morning? It's a fact that we do sleep more in winter. In general, people prefer to lounge in bed rather than venture out on wintry days. Ever wondered how this might affect your energy for the day or week? Even the entire winter's period?

It's interesting to see how our bodies change depending on the climate, which may result in affecting our energy levels, metabolism, skin colour and body shape (as confirmed via various researches). How often have you thought to yourself, I need to trim up for summer or I have to hit the gym or do something so I can fit into my favorite shorts or skirt before summer?

It's a proven fact that when we are sedentary important organs slow down, such as the heart and digestive system. This can lead to having a direct result on how our body processes the food we consume.

Generally in winter, our body contains a greater percentage of body fat due to a reduction of expelled consumed calories per day. In fact we even consume more food during winter, as we tend to spend more time indoors where it's warm, either on the couch or at indoor gatherings where the sharing of food and indoor activities becomes more the focus.

So why wait till spring or even summer to have the energy and body shape you aim for in summer? All you need to ensure is that you remain active! You don't even need to join a scary gym. You can do it all in the privacy of your own bedroom (or someone else's if you like), your living room, a personalized training studio or if your prepared to

toughen it up a little, a park. Truth is you won't really notice the cold one you get your heart rate up and start to break into a mild sweat. Go on, your body will thank you for it.

Some of the advantages of exercising and not just in the winter are increases in energy, greater mind clarity, improvement in confidence, better stress management, improvement to overall happiness, even an increase in your libido.

Studies show that you can remain in an altered state for up to four hours, from a single bout of light to moderate exercise such as walking, bike riding or swimming. Regular exercise not just improves your energy levels but does a whole lot more than what is seen at the surface.

So if you find it difficult on a cold winter's morning to struggle out of bed, maybe the weather has something to do with it.