

# KEEP ON MOVING

Jeff Archer, of *The Tonic* and *Upgrade My Life* personal training companies, has these suggestions to keep your fitness regime going over the cold winter months:

\* Design a mini-circuit at home. You don't need much space to create a handy indoor exercise programme that can work all parts of the body without you leaving the comfort of your own house (see our home workout feature on page 94)

\* See the winter as an opportunity to try something new. Having a summer fitness routine and a winter routine means that your body is doing different things throughout the year and this will encourage your muscle fibres to remain stimulated at all times rather than reaching a plateau in your training development

\* Buy the right kit. It has been said that there's no such thing as bad exercise weather, only the wrong clothes. If you want to keep your exercise routine intact in the winter, make sure you have all the right gear. New kit is also a good exercise motivator!

\* Take out a temporary gym membership if you're not already a member to see you through the toughest months.