

The West Australian

MIND&BODY

YOUR WEEK-BY-WEEK WINTER PLAN. P2 DOES ECHINACEA WORK? P3

The Big Chill is here, so here's a seasonal fitness, diet and wellness tip for every week in June.

Leah Fogliani reports.

How to kickstart your winter



When the cold weather rolls around, it can be tempting to hibernate and wile away the time enjoying comfort foods.

So it's little wonder then that many of us are sporting a few extra kilos by the time the weather heats up again.

Follow Mind&Body's simple diet and exercise tips for winter to keep fit, watch your weight and stay happy over the chilly days.

**WEEK 1**  
Planning is essential, according to personal trainer and director of Babes on the Run, Justine Guest. Devising meals for the entire week would save time and money, and scheduling exercise appointments would minimise the need to cancel work-outs.

"Sessions that require bookings mean you have an appointment and are more likely to be there and therefore get results," she said.

Cooking a batch of meals in advance would reduce the appeal of buying takeaway or calorie-dense convenience food, Diet By D'Zyne dietitian Jo-Anne Dembo said.

"Freeze your meals in individual portions," she suggested. "(It will) make life easier when you get home late on a cold night and in need of a quick meal."

**WEEK 2**  
It can be all too easy to binge on food when it's easily accessible in the kitchen — so detox the fridge, freezer and pantry.

"Stock up on healthy snacks and avoid the high-calorie, high-fat snacks," Ms Dembo said.

She recommends cooking up home-made soups, stews, casseroles and home-made pizzas with lean protein and lots of vegetables to satisfy both tastebuds and appetite during the winter chill.

Even though motivation may be low, Ms Dembo suggested setting the alarm a little earlier for an invigorating early morning brisk walk to keep you energised for the day ahead.

**WEEK 3**  
Following someone else's lead on a TV screen can sometimes be better than trying to push yourself.

"DVDs are available on everything from Pilates to high impact," Mrs Guest said. "Make it even more fun doing it with someone else."

An exercise buddy can be one of the most effective tools to sticking with a fitness regime, especially when motivation is nonexistent on dreary grey days.

Take the stairs. Climbing a flight of stairs is a great way to tone the legs and burns plenty of calories. It is quick and convenient and you'll find you can do it everywhere: at work, the shops by walking up an escalator rather than standing there or even charging through the city.

**WEEK 4**  
Toasted sandwiches are a favourite speedy winter food, but watch what you put in them.

"Choose wholegrain bread and load them up with healthy, low-fat fillings," Ms Dembo said. "Most importantly, don't let one round become two or three rounds."

Work off calories with simple at-home exercise equipment, such as a resistance band — a long elastic that ranges from very light resistance to very hard stiffness.

"Use a band for rows, bicep curls, shoulder press, triceps extensions, and even add them into a home circuit," Mrs Guest said.

Inside: Get hot in the cold.

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