

Staying Fit through the Fall

As summer ends we know it's time to exchange our summer wardrobe for our warmer attire. The start of fall also reminds us that the holiday season is fast approaching. The holiday season is typically a time to relax with family, enjoy some great music, partake in comfort foods and holiday treats, and perhaps indulging in a "spirited" beverage with friends. However, for some this means more stress as gift lists need to be created, standing in long lines, and mailing holiday cards.



Remember that stress affects your body's ability to release stored fat from the system. Add that to the fact that we tend to put on more weight because of the excess calories we eat, and you could find yourself facing a holiday recipe for disaster. This is especially true when you add a pinch of "I'll just miss a workout or two" with the idea of getting back on track with a New Year's resolution.

At Addie's Personal Training Studio, your trainers will help steer you around that trend and continue with your positive attitude moving forward! Don't let some of the challenges of the holidays weigh you down. Lay out a plan of action during this time of year. Mark your travel dates ahead of time in your calendar. Allow yourself only one cheat day during each travel or vacation period, or at most, once a week. Don't let every day you are on

vacation or holiday travel throw you off of your normal fitness and eating structure.

Preserve the effectiveness of the great habits it took you months to build and keep your giant snowball of momentum rolling. This way you won't have to set a resolution for January to lose 10 pounds, or to label it correctly, "our winter coat."

And don't forget to deal with those stressors and make time for some tension relief. Enjoy some soothing aromatherapy, a cup of warm tea, and the comfort of a few candles. Book at massage at the Massage Therapy Center and have your favorite massage therapist tackle your body's stress points.

By taking just a couple of proactive measures to budget for some "off-track days," you will find that you will be proud of yourself once fall, winter, and the holidays are over. You will be anxious to stuff away your winter clothing right back from where you pulled them. The only thing you will want to shed from your body is your regular clothing so you can hit the beach with confidence sooner than ever before.



Addie's Personal Training Studio is located in Pacific Beach, San Diego, CA. It specializes in personal training, functional daily living, balance, strength, flexibility and core conditioning, as well as cardiovascular exercise, posture, weight loss, rehabilitation, and senior fitness. Addie's Personal Training Studio helps you set and achieve your fitness goals and thereby you change your life.