



motive8's Gareth Traves gives us his expert advice and we offer some indoor gym alternatives for those who just can't stand treadmills.

Going for a jog on a balmy summer's evening or a crisp spring afternoon is a pleasant way to exercise, but running around on a dark and damp December morning is less appealing. And with party season coming up, which means more calorie-heavy cocktails and dinners, it's easy for exercise routines to go off course.

But our experts are here to help members stay motivated this winter. We've arranged special membership offers at luxury gyms and our contacts book is heaving with dieticians, stylists and consultants waiting to help members stay in shape.

Here are some starter tips on winter workouts, but call us to arrange a bespoke consultation with a specialist, source home fitness equipment or for more advice on winter exercise.

GET MOTIVATED

We asked motive8's Gareth Traves for his insider tips on working out this winter.

Call us to book an appointment with a specialist who'll tailor an indoor routine to suit your schedule and goals.

Go straight to the gym

Gareth says: 'If you take your gym kit to work then you are much more likely to go than if you head home before going to the gym.'

Members who aren't keen on the gym can still exercise indoors with workout DVDs or exercise classes

Call us for recommendations on the best DVDs, to find out about local classes or source home fitness equipment, and see below for some suggestions on treadmill-free workouts.

Get a workout buddy

'Enlist a friend to exercise with you,' Gareth advises. 'Having a support system for training is always a great help - ask another person to train with you to boost support and encouragement.'

Sharpen your focus

'Having a focus and goals for your training is crucial to keeping you motivated and dedicated at all times, but this is especially true in the winter months,' Gareth says. Use the looming party season, for example, as the motivation to look good.

Switch to seasonal sports

'A ski or snowboard holiday could be the impetus to change your exercise routine this winter,' Gareth says. To get ski fit, Gareth recommends changing to a cross-training routine accompanied by body weight and core circuits using a Swiss fit ball. 'An alternative is a 30-minute body weight circuit of squats, lunges, skipping, core and other similar exercises three times a week,' says Gareth. 'Combine this with other cardio activities, like aerobics or a dance DVD, a couple of times a week and you should find it keeps you in great shape and gets you ski fit. Just don't forget to avoid overindulging at all the Christmas parties you're invited to.'

GYM ALTERNATIVES

Celebrity dance

Dance your way to fitness with personal footwork lessons from a professional tutor. We can arrange for members to attend intensive courses with dance instructors who have worked with Kylie Minogue, Girls Aloud, and Britney Spears. Not only will you get in shape, you'll also have moves to impress at the office Christmas party.

Boot camps

Despite the military connotations, boot camps are a fun way to kick-start a fitness regime, try a host of different activities and pick up general lifestyle tips. We can arrange sessions at women-only camps that mix workouts with lifestyle and wellbeing tips, or hire former paratroopers to put members through their paces.

Boxing training

Boxing is a good way to tone up, and can help build confidence and improve concentration. Thump boxing and boxercise classes employ techniques from the noble art but forgo the fighting, while there are also courses that train participants to spar then give them a chance to go toe-to-toe in the squared circle. Read lifestyle manager and fitness instructor [Emily White's tips on getting fighting fit](#).

Rock climbing

Rock climbing combines heady excitement with a comprehensive strength training workout, and with plenty of indoor walls throughout the UK, members don't need to worry about clinging to a cliff-face in a howling winter gale. Rock climbing will tone every muscle in the body and improve flexibility, but most importantly it's great fun - it will barely feel like a workout at all.

Walking

One of the simplest ways to build exercise into a daily routine is to walk more. This doesn't mean embarking on a two-hour hike into the city every morning - just try to increase the number of steps taken throughout the day. Take the stairs instead of the lift, walk over to a colleague to talk to him/her rather than using the phone, or get off the Tube a stop earlier than usual. The NHS says walking 10,000 steps a day can burn between 300 and 400 calories - call your lifestyle manager to source a pedometer to help count the number of steps.