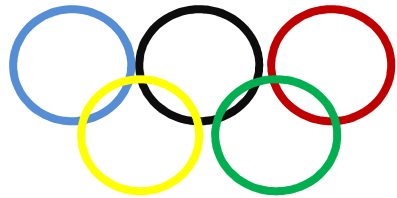


**2012** - The year of the **London Olympics...**



...and the year of **YOU!**



Now we are in the exciting year of **2012** with the **London Olympics** just a few months away, we should take time to consider our wants, needs and goals to keep us feeling fit, happy and healthy for the coming year.

Instead of putting ourselves under the usual New Year's Resolution pressures, we should look at making **small** changes which could affect our lives in a **big** way.

Throughout January, Daniels Fitness Group will be looking at some of the easy changes we can make. Try them for yourself and see what they can do for you!

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## **FITNESS**

### **SOMETHING NEW FOR THE NEW YEAR**

Freshen up your exercise regime by trying a new type of exercise or a different piece of equipment you haven't used before.

### **PUSH YOURSELF**

If you run, swim or cycle, vary your workout by introducing different speeds and intensities and push yourself that little bit further.

### **SET YOUR GOALS**

Aim to achieve that 30 minutes of cardio exercise 5 times a week. Remember it doesn't need to be done all at once!

### **SWITCH ON THE TV**

If you prefer to exercise at home, why not treat yourself to a fitness DVD and enjoy some activities without having to go outside?

### **SPEAK TO ONE OF THE TEAM**

We've got all the solutions you need to keep your exercise programme fresh and interesting. Speak to one of us for some tailor-made advice.

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## NUTRITION

### TRY A NEW FRUIT / VEGETABLE

Why not try a new fruit, pulse or vegetable every week? You'll be surprised how much more varied your diet can be by adding just one each week.

### CUT DOWN ON TEA & COFFEE

Try to reduce your coffee and tea intake by two cups a day. Substitute them with juice, water, fruit or herbal tea.

### REDUCE PORTION SIZES

Try to reduce the amount of food you eat at each meal by using a smaller plate. Cutting down on carbohydrates in your evening meal can have a positive effect on weight loss.

### TRY A SMOOTHIE!

If you find eating fruit and vegetables boring, get yourself a blender/smoothie maker. Smoothies and soups are easier to eat and just as nutritious.

### ONE AT A TIME

If you know your diet could be better and you want to make some changes, try replacing one unhealthy choice at a time. You are more likely to change your eating habits for good if you introduce them in stages.

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## WELLBEING

### DO SOMETHING INTERESTING!

Learn a new language or craft, join a new class, paint, bake, write – taking up a new hobby will give you a sense of satisfaction and enable you to meet like-minded people.

### WATCH LESS TV

Try to spend 30 minutes less each day slumped in front of programmes that probably don't interest you anyway. You will be amazed at how much time you have wasted!

### TURN NEGATIVES INTO POSITIVES

Look at the bright side of daily chores such as housework, exercise, or the commute to work, and get more out of your life. Take time at the end of the day to remember 3 good things in your life.

### FAMILY AND FRIENDS

Spend time with those you love as often as you can. Plan regular activities and get-togethers and make the effort to visit those who aren't as able to travel.

### ACCEPT YOU FOR BEING YOU

There is a limit to what you can change about yourself so start to find things you like about yourself and learn to love your strengths and your weaknesses.

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## MENTAL WELLNESS

### GIVE YOUR BRAIN A DAILY WORKOUT

Why not try the crossword or even a Sudoku puzzle during your morning commute to give your brain a challenge?

### DON'T SWEAT THE SMALL STUFF

Try not to waste time and effort worrying about things you have no control over. Try focussing on more positive aspects of your life.

### ENJOY EVERY DAY

Aim to spend more time doing the things that you really enjoy instead of those that seem a chore. Make sure you have a little 'me' time every day – even if it's only for a few minutes.

### EAT A BALANCED DIET

Try to avoid foods such as alcohol, sugar, caffeine, chocolate, processed foods and hydrogenated fats which can have an adverse effect on your mood.

### GET OUTSIDE

If the weather's nice, get on your bike or go for a woodland walk. We all know that exercising outdoors makes us feel better and the winter sunshine helps to top up our serotonin levels too.