

How can I motivate myself this winter?

Our Fit Clinic panel on beating the winter blues, how to limit the damage of the party season and what to wear for those chilly training sessions

→ **THE HEALTHY PANEL**



NIKI REIN is founder and creative director of Barrecore (barrecore.co.uk).



CHRISSIE WELLINGTON is a retired British professional triathlete, four-time Ironman Triathlon World Champion and author of *To the Finish Line* (Constable, £18.99).



KIM PEARSON is a nutritionist and weight-loss specialist with more than 10 years of clinical experience (kim-pearson.com).

Got a burning fitness question? Email healthy@therivergroup.co.uk with 'Fit Clinic' as the subject line



What outdoor fitness gear would you recommend for the winter?

(A) Niki says: Investing in good quality technical gear that can be layered is key. The basics are warm smart-wool socks, waterproof/resistant shoes for rainy days, compression leggings or thermals, some fitted T-shirts or long-sleeve base layers, a fleece jacket or pullover that has ventilation zips, a thin smart-wool hat or headband that covers your ears and mid-weight gloves or gloves with liners that can be used on warmer winter days. If it's rainy or windy, a good shell to throw on top is important. Both Lululemon and Sweaty Betty will have everything you need, plus all the hidden pockets for stashing cash and keys.

I want to get up and exercise on weekend mornings but I've often been out and had a few drinks the night before. What can I eat or drink to minimise the damage and get me back on track asap in the morning?

(A) Kim says: Firstly, good for you getting up to exercise! Working out can help clear your head after a night out. Hydration should be a priority because alcohol dehydrates us, so replacing lost fluids is important, especially before a workout. Sip water before and during your training. Adding a good squeeze of fresh lemon juice will provide vitamin C – an antioxidant that can help counteract alcohol-induced free radical damage. Food-wise, a combination of proteins, complex carbs and healthy fats is ideal. Try poached eggs and mashed avocado on rye toast.



In winter, I can't bring myself to run in the mornings. How can I motivate myself?

(A) Chrissie says: We all get motivational ebbs and flows. The solution is to remember your goal, and that going out in the rain, for example, is a step closer to that goal. And remember why you set that goal. Maybe change your run to lunch hour or the evening; or swap some sessions to the treadmill, try a new route, or do cross training, swimming, cycling or a gym session instead. Replace energy-sapping thoughts with positive affirmations, images of sunshine or your personal mantra. I write 'Never ever give up and smile' on my race wristband and my water bottles.