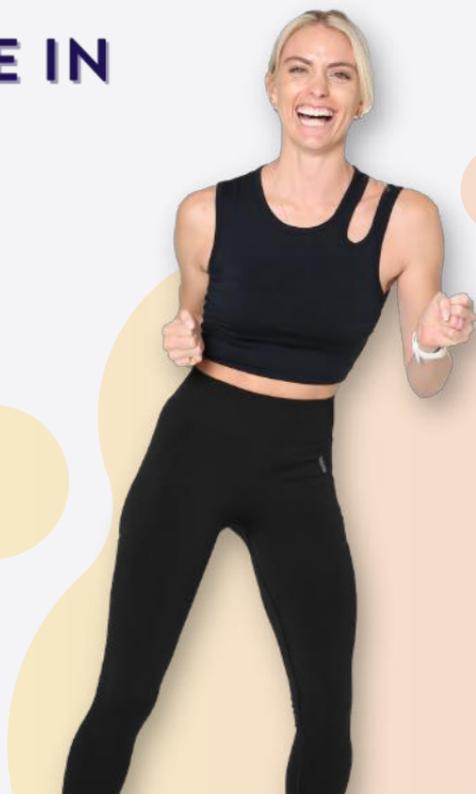


www.jeff.fitness

THE JEFF GUIDE

TO THRIVE IN
WINTER



LIVE THE JEFF LIFE

Brrrr, the winter chill is here at last!

While it's tempting to stay in and keep toasty when that icy air sets in, now is in fact a brilliant time to keep up with your exercise and stay on top of your motivation from the warmer months.

We admit, it's not an easy task. That's why we've got some simple tips for you to help you not just survive but thrive this winter!

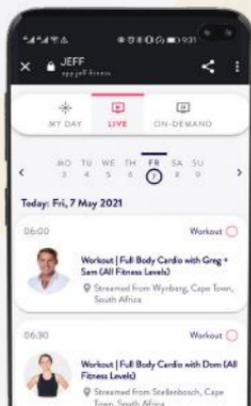


Need an essential tool to
thrive in winter?

JOIN THE JEFF WEB APP FOR FREE

Get access to a library of healthy recipes, workouts and education sessions for expert health, nutritional and fitness guidance.

[JOIN NOW](#)





NUTRITION TIPS

Food isn't just fuel - it also helps regulate your core body temperature which is even more important in winter.

In order to keep your muscles warm in the cold, your metabolism increases and you burn more calories while you're generating that heat.

So here are some tips for your winter-warming nutrition.

1

BE MINDFUL OF WHAT YOU CONSUME

What you eat and drink before exercise in colder weather is important.

Eating right and keeping hydrated when it's chilly out can help to optimise your workout so you perform at your best and can keep you warm, comfortable and safe.

Complex carbs are ideal for providing fuel for your muscles. Choose hearty soups, healthy cereals, lean meats and low fat cheese a few hours before exercise, and snack on apples with nut butter, yoghurt, nuts and bananas about an hour before you start your warm ups.



NUTRITION TIPS

2

KEEP HYDRATED!

Limit your alcohol intake and keep up with your water intake. Breathing in that dry winter air forces you to use your exhalations to warm up the air, which becomes very dehydrating. So make sure you're getting in at least 2L a day!

3

FIND HEALTHY COMFORT FOOD

It can be easy to go off course with your meals in winter.

We're all craving those yummy, comforting dishes that keep us nice and warm and you shouldn't have to avoid them!

With just a few healthy tweaks and replacements here and there, you'll be dining on scrummy, hearty winter meals without regret!



Download our JEFF Winter Recipe Book for some delicious recipes and inspiration!

[DOWLOAD NOW](#)



FITNESS TIPS

It doesn't need to be difficult to keep fit when it's frosty! Here are some simple ways to keep those muscles moving. (even when you really don't want to)

1

MAKE SURE TO WARM UP PROPERLY FIRST

Get those muscles warm and limber before you head out into the cold to prime your body for exercise and avoid injury.

2

BE CONSISTENT AND SET SIMPLE GOALS

Even when it's tough to leave the comfort of your bed, getting up and achieving even the smallest goal will keep you motivated to continue. Going for a run, a quick cycle session or just walking the dog is enough to keep you moving.

3

WRAP UP WARM

Wear layers in the beginning of your workout and remove layers as you heat up. If it's really chilly outside, cover your head with a beanie or buff. And stay dry - wet clothes, either from sweat or rain, lowers your body temperature dramatically.



FITNESS TIPS

4

PLAN AHEAD

Know ahead of time what exercise you'll be doing and what the weather will be so you're always prepared.

5

MAKE SURE TO BREATHE CORRECTLY

If the crisp, cold air gives you chest pain, wear a mask or buff over your mouth to warm up the air.

6

MOVE IN YOUR BREAKS

Stuck working at your desk all day? Just 100 steps an hour is all you need to keep at it, so make sure you're getting up and walking around regularly.

7

WORKOUT FROM HOME

Not keen on going outside? No problem! Get your FREE daily workouts with JEFF from the comfort of your home! Or, if you'd rather be guided along your journey, the 1-on-1 program is a brilliant way to stay fit and healthy with the expert advice of your dedicated coach.

[GET STARTED FOR FREE](#)



MINDSET TIPS

The biggest difference between working out in winter and summer is simply down to our mindset. Of course we want to stay in when it's bitterly cold outside, and enjoying the outdoors is easy when it's warm and sunny. But really, all that's needed to keep you fit and healthy in winter is a little change of attitude.

Here are some winter mindset tips to get you through those icy days ahead.

1

ACCOUNTABILITY IS KEY

One way to do this is to find an accountability buddy, someone with similar goals to workout alongside you. You could also commit to a JEFF Challenge or 1on1 programme if you know you are someone who struggles to go it alone, especially during the winter time. We've got your back!

[GET STARTED FOR FREE](#)



MINDSET TIPS

2

CELEBRATE THE SMALL WINS!

Make sure to regard every step forward as a win, no matter what you get done. Did you do one workout this week? That's a win. Were you able to log a day of good nutrition and clean eating? That's another win. Did you make time to do something that relaxes you or set aside 10 minutes for yourself? That's a win too! A win is a win no matter how small!

Make sure to log your activities or collect a new JEFF badge to celebrate your commitments and goals! Share your wins with the community and celebrate yourself! The acknowledgment of your progress is motivation enough to keep going!



MINDSET TIPS

3

KEEP IT SIMPLE

Once you're in motion and feeling good about your routine, it may be tempting to start doing too much. Remember, the goal is to establish a consistent effort over time that will give you a sustainable, achievable routine. So keep it simple. Plan ahead, find the workouts you enjoy and don't overdo it.

There will come a time to up your dose, but the early stages of exercise are more about consistency. Initially you might have that burst of motivation, but then lose it a few weeks from now. At that point, you'll have to rely on momentum and the simple, consistent structures you've created for yourself with your rhythm and your mindsets. And if you'd like to, change things up a bit so you're always doing something you enjoy!





WE HOPE THESE HELP YOU!

GET STARTED

Join the JEFF Web App for free and get live daily workouts, nutrition guidance and more!

[GET STARTED FOR FREE](#)

Learn more about how our fitness programs can provide the accountability, cheerleading and expert guidance you need to finally achieve sustainable health and fitness results.

[LEARN MORE](#)

HAVE YOU USED THESE TIPS?

Let us know if they worked for you!



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