**POST CHRISTMAS BLUES – GET YOURSELF MOVING**

The build-up to Christmas is usually filled with parties, lots of celebration drinks and meals out. Running around sorting out presents, wrapping them, organising the food, prepping it, cooking it and eventually sitting down to a meal with family and friends.

It can all seem a bit much even though the time invested is usually worth it.

While I don’t suggest following a diet over the Christmas and New Year period (although sensible eating is advised), the stress and frenzy of the season can see your exercise fall away as your days become busier in the build up to Christmas Day.

Add to that the extra alcohol and food you consume you may feel like you have undone all your hard work; but can I assure you that a few days of over eating won’t undo 12 months of hard work. The time we spend with our family and friends is more important than sticking to your calories over this period. Laughing and enjoying yourself is so important to your state of mind and social wellbeing.

If you haven’t been exercising regularly up to this point then maybe you should consider starting now so that you don’t repeat the same cycle in 12 months time. So that you can wake up after Christmas and just get back into it; so you wake up after Christmas not feeling and looking heavier than you did 12 months ago.

Right about now you’re feeling bloated, maybe your joints are achy, maybe a bit hungover, tired, lethargic and a bit like a couch potato from eating and drinking too much.

So what can you do??

Get back to training.

Go for a long walk.

Get some fresh air.

Start being more active especially if you’re not working between now and the New Year.

Start seeing exercise as a way to improve your health and lifestyle and not just as a means of losing weight.

Stop making excuses and just start where your at.

Exercise should be a positive activity in your life – not something you dread or hate doing.

So get up off the couch, leave the dishes and mess from Christmas and get out and start moving.