

# Winter Workout Tips

(NAPSA)—Cold weather offers new opportunities to get creative with your workouts. Try these tips from eDiets.com chief fitness pro Raphael Calzadilla:

1. Work out in the morning. Morning workouts stimulate the metabolism for the rest of the day.



**The weather outside may be frightful but workout benefits are still delightful.**

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2. Use downtime wisely. Flex and tighten muscles when you can for an isometric workout.

3. Hire a personal trainer for a structured workout program and someone to monitor your progress.

4. Buddy sessions. Pay for joint trainer sessions with a buddy. You save money and your motivation source doubles.

5. Get some dumbbells, an exercise ball and an informative video for home workouts when you can't get to the gym.

6. Get real. People gain weight during the winter. Just don't let it go over five pounds and commit to getting back on track.