

THE BOX

WINTER SURVIVAL GUIDE

WRITTEN BY AARON DODD



STAY ACTIVE AND MOTIVATED.
THINGS YOU CAN DO TO STAY
ACTIVE AND GET RESULTS THIS
WINTER.

TIPS AND HACKS TO THRIVE,
STAY HEALTHY AND KICK THE
WINTER BLUES.

IMMUNE BOOSTING TACTICS.
BECOME BULLETPROOF WITH
OUR FAVOURITE IMMUNE
BOOSTING RECIPES.



ABOUT THE AUTHOR

Aaron Dodd
Owner & Head of Programming The
Box Health & Fitness
WWW.THEBOXCHELSEA.COM.AU

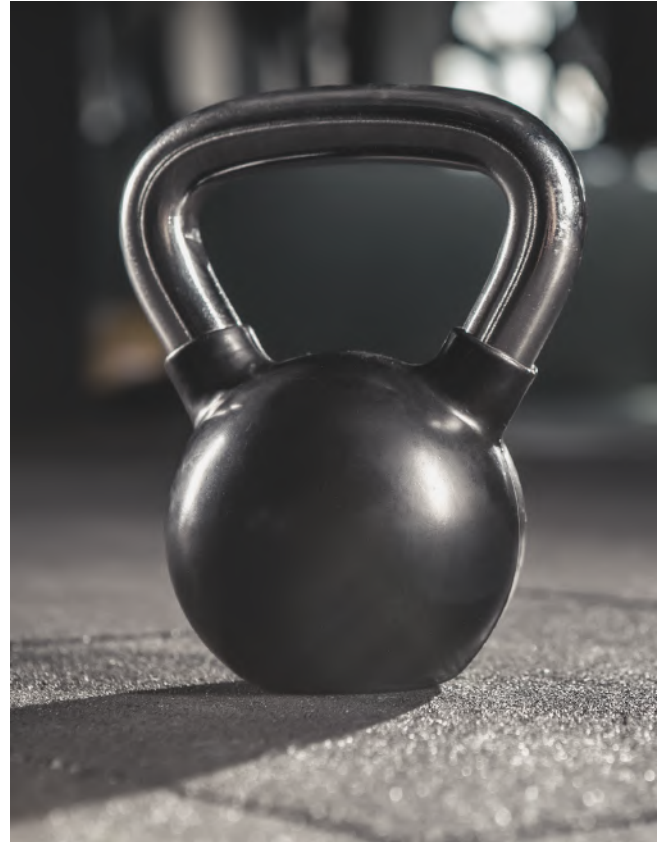
I have been training now for over 15 years, coaching or training others for 10+ of those years. It's my passion and purpose. I'm not special, gifted or especially talented, but I love training and unless it is to spend time with my family and beautiful daughter I do not like missing out on my training for any reason... especially due to things that can be avoided. So in the past few years especially, I have put a lot of time into finding ways to ensure I keep myself and my clients as healthy as possible both physically and mentally so that we can enjoy the benefits that come from working out all year long. The results have shown more consistent training, shorter downtime when something does stop us (because life is unpredictable and setbacks are inevitable) and an overall higher standard of results across the year. There's no one shocking secret. More a game of small changes, smarter choices and disciplined routine. In this guide I share a summary of what I have implemented in the hope it can also help you. Because I believe whole heartedly that everyone should benefit from the amazing physical & emotional responses that come from building our bodies and minds through physical activity.

WINTER SURVIVAL GUIDE

You feel it, it's getting a little bit harder to train, you're not quite seeing as many reasons to be motivated to get into the gym.. Netflix is calling with a slightly more demanding voice every day and you're excuses are getting more creative...

Sh*tballs!! It must be winter...

Let's make some changes - prepare and adapt - and I am fairly confident you will be just fine. There's also no reason you need to train any less, put on unwanted winter flab or feel like crap. It just takes a bit of planning, discipline and investment into your body, health and mind. Up for it?



Firstly, don't be that annoying person that enters the room saying "WOW... It's cold!!".. No sh*t it's cold, it's winter.. we all know it, stop saying it. Our thoughts create our world so stop subconsciously finding new creative ways to feel cold all the time. It should come as no surprise that as the months pass and we move into winter there will be atmospheric changes which feel more like the arctic freeze and cause us to wish we were lying on a beach in Seminyak instead. But if that's not on the cards complaining about it isn't going to help anyone. Acknowledge, find and spend your mental energy in a positive place and there is no reason why you can't achieve as much through winter as any other time of year.

LET'S DO IT!

STAY ACTIVE

Things you can do to stay active and get results this winter



Get yourself to the gym...

The quickest way to warm-up is to exercise. The endorphin release will have you forgetting about the cold in no time. The downside of not training through winter only becomes compounded the longer you are out and when spring rolls around and it's easy to train again, I can tell you now, it's probably too late to get the summer body, the one you're really proud of anyway..

*With that said, if you are already sick, stay the eff out of the gym you animal! Firstly you will not be able to train at a level that will give you results worth your time. Your body is working in overdrive to repair and recover so the bodies the resources normally dedicated to your gains won't be there to be utilised. Don't go spreading that sh*t to poor Karen who has just stepped into the gym to start her first session, first day of the rest of her life, full of motivation after binge watching Love Island and decided now is HER time. As she heads over to say hi you sneeze in her face. There's no coming back from that for Karen.. You just crushed Karens dreams you savage! Stay home, follow some of the tips in this guide, get healthy and get back in fresh and in the condition to actually get results without breaking the destroying the hopes and dreams of others around you.*

➔ Warm-up



Warm-up before working out! Take an extra 5-10 mins for additional warm up prior to exercising to prime your muscles and joints that may need that little bit extra to thaw out on the colder days. Spend some additional time to cool down too!

➔ Sanitise



Wash your hands - No more words needed.. if you're not already doing this you are a pretty sh*tty person really let's be honest.
#sorry #truethough

Wipe down and sanitise your equipment after use to further lessen the risk of spreading any bugs.

This is probably the point that will give me the most nerd points but I'll happily own it! Buy a pocket hand sanitiser and take it with you everywhere you go. "Yeah but we need to be exposed to germs and blah blah blah..." Shut it down Sally I don't want to hear it. As children yes there is some argument for that but as an adult (and even for my child) I want to know if I've touched something someone else has sweated on or touched with their sickly gemy fingers I'd like to get my hands clean as soon as possible before inadvertently touch my face or mouth and transfer some new strain of swine foot and mouth super ebola flu into my system. I've got sh*t to do. So this is a must for me and a small investment for peace of mind. It has seemed to have worked well for quite a few years now.

- Research has shown 95% of people don't wash their hands properly or long enough to kill off harmful bacteria! -

TIPS TO STAYING HEALTHY AND KICKING THE WINTER BLUES.



➔ Eat healthy



Go easy on the "comfort food" - you don't need it, you've told yourself you do so why can't you tell yourself you don't? Sounds easy right? It's not quite that simple but the more you don't let the receptors in your brain wired by processed sugar and saturated fats win the inner conflict of Ben & Jerry's vs the celery stick, the less they will actually try to fight you and the easier it becomes to make the wiser choices. With that said we are human and treats are totally fine if balanced with a predominantly healthy diet, consistent training routine and adequate recovery.

Up your veggie intake! Many people feel tired and sluggish during winter - veggies will give you all the important nutrients to combat this. Add as much colour to your plate and get adventurous.



—

WHAT
HURTS
TODAY
MAKES
YOU
STRONGER
TOMORROW.

—

WWW.THEBOXCHELSEA.COM.AU

Drink plenty of water.

Drinking water flushes toxins from your body. If you are not properly hydrated, your kidneys don't have the right amount of fluid to remove metabolic wastes as efficiently. In other words, lack of water causes the body to hold in toxins rather than expelling them as required for proper health.



Eliminate sugary drinks & replace with healthy alternatives.

A couple of my personal favourites are Lifeaid and Immunity aid from Lifeaid bev co, Remedy kombucha and quality cold pressed green juices. Impressed "The Works" is my favourite green juice at the moment. On the surface may seem expensive but in my opinion well worth the \$\$\$. Again a very small investment in the grand scheme of things.

Get some natural light.

When the miracle of natural sunlight appears run to it the way Augustus Gloop would surge towards a case of Wonka bars. Do not hesitate! Soak up that sweet sweet Vitamin D. Vitamin D is essential for many functions, from helping your bones absorb calcium to boosting mood over the winter months.



Supplement with immune boosting vitamins and joint support

My personal favourite combination is vitamin C, D, fish oil, glucosamine and for extra nasty fighting immune boosting I will take echinacea - You can even add a supergreens supplement to support you further. Echinacea cuts the chance of catching a common cold by 58% and can reduce the duration of a cold by 1.5 days.



Get some sleep.

Recovery is crucial to a strong immune system and sleep is crucial to recovery so aim to get your full 7-9 hours per night. To help with sleep quality I also aim to limit my caffeine intake to no later than 2 pm each day, with AM coffee only being optimal and I take ZMA before I go to bed. ZMA is a natural mineral supplement made up of zinc, magnesium aspartate, and vitamin B6. Zinc supports your immune system and muscles. Magnesium plays a role in metabolism and muscle health and helps manage sleep.

Schedule in your rest day!

A rest day should always be part of your training protocol. Winter even more so! Plan out your training every week to include 1-2 rest days minimum depending on your training volume. With these scheduled in you're also less likely to hit snooze on your training days and miss your session. You are also less likely to feel guilty about not training when it is a planned part of your training with a positive emotional attachment - Rest day = better recovery + staying healthy = more consistency and better results and somewhere along this chain it obviously equals abs and or peach booty.

When you perform excessive exercise without proper recovery you're likely to experience reduced performance, fatigue, altered hormone states, poor sleep, reduced immunity, appetite changes and mood swings.



Listen to your body and respond.

If you are feeling run down take a rest day earlier, up your intake of water, get some extras immune boosting goodies into you and chill out. This is not something you want to respond to with "Just gotta keep pushing through, gotta sweat it out" etc etc. You'll end up broken and even if you don't break, your training will not be optimal until your body gets the recovery it is asking you for.



Try not to stress.

Stress is directly correlated with a weakened immune system resulting in a greater exposure to bugs and in turn sickness. Take some time to chill, breathe, do the things you love and practice gratitude and mindfulness regularly (probably a topic worth talking about much deeper another time).

Health problems can occur if the stress response goes on for too long or becomes chronic, such as when the source of stress is constant, or if the response continues after the danger has subsided. With chronic stress, those same life-saving responses in your body can suppress immune, digestive, sleep, and reproductive systems, which may cause them to stop working normally.

Plan a trip somewhere fun with the potential of some sunshine.

Get outside, even if you can't see the sun on an overcast day you can still receive the benefits of natural vitamin D .

A day trip or a weekend away, an interstate trip or an overseas break. Whatever you can afford to do make it happen! And if it wasn't enough for you this year, make a plan to save up and make it even better next year!

Switch the phone off and connect with friends and family free from distractions. Happiness and connection will kick the winter blues butt 10/10 times.





“THINGS
WORK OUT
BEST FOR
THOSE WHO
MAKE THE
BEST OF
HOW THINGS
WORK OUT”

-JOHN WOODEN-

WWW.THEBOXCHELSEA.COM.AU

YOU CAN DO IT.

Thank you for reading the Winter Survival Guide. Now it's time for you to make a few small changes to move your results to a new level in a big way! If you take even one thing away that can help you stay focussed and motivated through winter and beyond, I am happy. Feel free to share your experience, challenges and of course, wins with myself and the team at The Box. Big or small, celebrating wins is an essential part of continued success and overall happiness. For more information or if you have any questions don't hesitate to hit me up anytime.

Aaron Dodd

aaron@theboxchelsea.com.au



STRENGTH FITNESS LIFESTYLE

WWW.THEBOXCHELSEA.COM.AU