

# Fall Fitness is Here!

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Fall is finally here! You may be excited about Halloween and Pumpkin Spice Lattes, but have you thought about your fitness? Fall is a great time to start a fitness plan – you'll be setting up good habits before the winter months, so you can stay in shape all year round! Use Fall Fitness as a Springboard

Getting into shape now is a great idea if you want to keep fit over the winter period. Your body takes around a month to adapt to a new training regime, so starting now allows you to get used to training before the winter chill. This means you'll be more likely to stick with it through the colder (and more calorific!) months, so you can train straight through winter and into the warmer months.

Try not to get bored or stuck in a rut with your training routine. Mix it up with the types of exercise you do, joining a class is a great way to keep things interesting. Try yoga, bootcamp, pilates, spin or our New Les Mills Virtual Classes!