

Healthy Valentine's Day

How many of us have a difficult time of fitting some form of physical activities into our daily routine? During the hectic times like Christmas, New Year's Eve and so on, many of us simply give up without a fight, cutting back on our fitness routines because of the demands of the holiday season. Nevertheless, my article is "January is gone" and "February is coming!" So the longer you stay away from your routine, the harder it will be to get going again and to get back to where you were. With a new approach and some planning, this holiday season can mark the beginning of some new fitness traditions.

In addition to burning calories, physical activities is one of the best ways to relieve excess stress that is often associated with the holiday season. Exercise stimulates our body's natural happy pill, endorphins. Not only will you feel better for it, but you will have more energy for those long days of shopping and late nights of festivities.

If you have a difficult time staying honest to your fitness programs over the holidays, do something different. We are creatures of habit, but take this time to think outside the box. First, be aware of what needs to be changed. Then, rather than doing what you have always done, make some adjustments this holiday season.

Plan Ahead

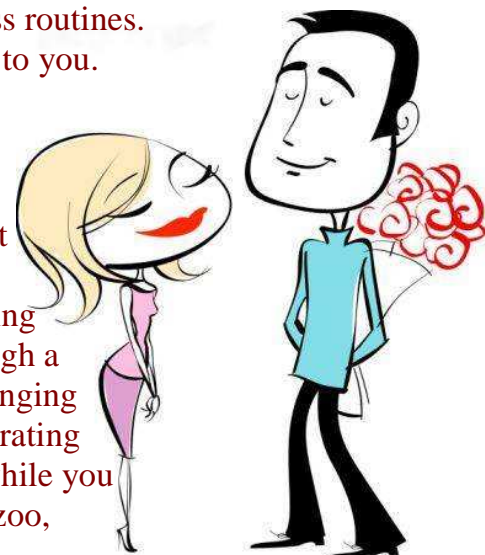
This may sound tedious, but planning ahead works. One of the university professors said, with all seriousness, that his daytimer saved his life! When he started his new career, he had a difficult time saying no to people and, as a result, found that he was unable to meet his own commitments. That's when the daytimer came in. When people approached him to do something, rather than dropping everything or making up an excuse, he would check his appointments and let them know if he could meet their needs. Instead of letting others down, he was able to make time for their demands while meeting the demands of his own work.

Why do I tell this story? Because during the holiday season we often fill over schedule with a lot of other demands and obligations, and often neglect the things that are a part of our normal routines, such as our fitness activities. If you want to stay honest to your fitness program, then make it a priority and schedule it in.

This is not to suggest that you need to run out and purchase an appointment book, but I rather suggest you begin to plan your schedule and make room for your favorite activities. **A helpful hint:** you don't have to tell people that you cannot make an engagement because you're going to your favorite workout class. Just say you are already booked that night. Also, think about altering your routine a little. This may require that you do your daily walk or workout in the morning before work rather than in the evening. If you have plans for the evening, use your breaks at work to fit your fitness routines. Whatever the case, design a schedule and do not neglect what is important to you.

Be Creative

One of the best things about the holiday season is that we get to spend quality time with our loved ones. So, why not include some form of physical activity while you're socializing? Rather than the usual indoor activities, try getting outdoor and moving. Maybe this means going for a walk through a specific neighborhood to give New Year's gifts. How about bringing your family's members together for visiting grandparents, celebrating outside => a great way to stay in the Chinese New Year spirit while you get that heart rate going. How about zoos such as Dusit Vanarai zoo,





Underwater world or anywhere else? These are all excellent forms of physical activity that can be enjoyed by all age groups. Start a new tradition with your friends and family that includes some physical movement.

If you are having company over for a big meal, or if you're going out to dinner, try to fit in some activity before you eat. This helps speed up your metabolism for that big meal, and you will be more relaxed for the evening. And don't forget to keep in mind your alcohol and food consumption. Alcohol consumption is a great deterrent to keeping you motivated, especially the next day, and alcohol is packed with calories. Remember also, eating too much often makes us feel sluggish and unmotivated. After a big turkey dinner, most of us can attest to those "sleepy" feelings from protein overload and the tryptophan (a calming amino acid present in turkey).

How many New Year's resolutions begin with "get in shape?" Why put it off until January? Just think how good you will feel when January comes around and your routine has not been altered too much. Think how good you will feel to not have to sweat it out with the rest of the masses in 2007. Have a fit Christmas, New Year or even a healthy Chinese New Year.

Outdoor Workouts

During December to February, Thais spend about 80 percent of their times indoors. However, once outside, you'll discover coolly fresh air and sunshine are a great combination for health and vitality.

Now, I would like to give you an idea of how romantic it can be on Valentine's day with your love one!

Make it unforgettable

The Valentine's day is now approaching and many of us are reviewing our options. How can we show that special someone how much we really care? Why not make an active decision that takes **fitness / healthy** to heart.

While chocolates and a candlelit dinner can still be an essential part of the plan, you can show your care with a day filled with activities to enjoy together.

Plan the day

It may take some time and a little planning, but that special someone will appreciate the effort you've put in to make his or her **health and fitness** your priority. Plan activities, perhaps a special event such as a Valentine's Day run or walk, that you can enjoy as a couple.

Start Off on the Right Foot

Morning activities can begin with a scheduled workout session. **(Guys, try to remember the flowers.)** Sign up at the gym for something fun such as Aerobic class. Ladies will enjoy the fitness while guys will enjoy the primal element.

Follow up with some Decent Movie

After a healthy lunch at your favorite spot, make your afternoon with a decent movie (Guys, remember to get tickets in advance and ensure you book the right movie). As you may be aware, cinemas can be the most romantic place with your love one. Not only will couples go to cinema for a nice movie, but they could also be imbued of each other. End of movie giving her a valentine's gift. Remember! One of the best option is to get a proper gift, and then personalize it for the person you are giving it to. This way, your gift will be always very special. A common gift would be a pack of chocolate with heart-printed wrapping paper, and sign it with a tag. Don't forget to express your special thoughts on a letter pad by giving her a beautiful poem. **(Guys, ensure that flowers will be surprisingly given to her in the end of the program)**

A Moment of Relaxation

If you'd prefer to spend your late afternoon focused on each other with no distractions, take a romantic chance in your favorite indoor activity such as "Ananda Couple Retreat". Couples can be performed with the Spa package included "Refreshing Salt Scrub", "Ananda Massage" and "Revitalizing Bath". These 2 hours and a half you spend with your love will be an unforgettable moment.

Finale: A Candlelit dinner with flowers

The most important part of the Valentine's day is the candlelit dinner with your special one in a memorable atmosphere. A Special Set Dinner for two person at De Meglio Restaurant might be your brilliant selection, it is included Decent European dishes, sweets and of course 2 complimentary glasses of wine.

Remember! I've mentioned about flowers in the beginning; it's now a perfect time for guys to give their love one a bunch of flowers and this moment is the most romantic time when you could whisper her or him how much you care!

I wish this coming Valentine's day will be your memorable occasion!

Edited by Dean

