

Jenny MacLean's Fitness Column #4



Weight-friendly winter warmers

When it's cold outside, it's tempting to indulge in stodgy 'comfort foods'. But this can have a damaging effect on your mood, your weight and your self image, especially if it's combined with a reduced level of exercise.

The temptation can be resisted though, as there are loads of delicious and healthy 'winter warmers' you can enjoy throughout the colder weather, that won't pile on the weight.

Eating plenty of seasonal vegetables and fruit will ensure your meals are fresher, tastier and potentially more nutritious too. Root vegetables, potatoes and leafy greens (including the ubiquitous Brussels sprout) are perfect at this time of year, for stews and soups packed with flavour and goodness. They're quick and easy to prepare too.

The good news is that winter puddings needn't be a 'no-no'. Stewed, baked or poached apples and pears are a healthy and delicious dessert for a cold winter's night. For extra sweetness, just add a sprinkling of dried fruit and a pinch of your favourite spice. Then serve with reduced fat crème

fraiche for a guilt-free treat.

And if you're feeling peckish between meals, try festive citrus fruits for a tasty and healthy snack.

The outcome? More energy, looking better and feeling better – just what we all need during the dark and cold winter months.

Jenny MacLean is on hand to give you some tips on getting to the level of fitness you really want to achieve. And here is someone who knows what they are talking about. Jenny was the fastest Scottish woman in the Edinburgh Marathon, and she runs her own fitness company called [EnergyWise](#).

This is the third of her fitness columns for The Edinburgh Reporter. We hope it helps you to achieve your fitness goals!

You can contact EnergyWise by [email](#) or you will find them here:-

EnergyWise Health & Fitness

Holyrood Business Park

146 Duddingston Road West

Edinburgh EH16 4AP

Tel: 07775 621465