

Your Twelve days of fitness begins right here...



Now it's December you may be wondering how you are going to manage with all the shopping, eating and drinking you have in front of you and whether you can include exercise in that mix.

This may traditionally be the month when physical activity levels drop (unless you count dodgy dancing) but actually this could be the most magical time of the year to keep fit, according to the experts at Edinburgh Leisure.

Edinburgh Leisure, the not-for-profit company, which manages over 30 fitness venues across the capital, has just launched its seasonal promotion *12 Days of Fitness* with the aim of encouraging people to stay active in December.

The 12 Days of Fitness promotion offers 12 consecutive days of membership for only £12 any time in December. Passes go on sale on 1 December and are available from any of the many Edinburgh Leisure venues across the city.

The promotion includes unlimited access to all Edinburgh Leisure's gyms, swimming pools (excluding the Turkish Baths at Portobello Swim Centre), fitness classes and even the EICA:Ratho.

David McLean, Fitness Manager at Edinburgh Leisure, said: "When everybody is busy getting in the Christmas mood, and it's cold outside, it's understandable fitness slips down the priority list for many people.

“What we advise is to keep enjoying some physical activity – just lower the intensity level if that’s how you feel. Or try something new and fun like Sh’bam or just enjoy a gentle swim and sauna. Any activity will help you keep healthy at this time of year.

“There are countless benefits to staying active in the festive season, and if you remain in the habit of visiting our leisure centres. it’s much easier to step up the pace come January.”

For further information about Edinburgh Leisure venues and services and the 12 Days of Fitness promotion visit www.edinburghleisure.co.uk