

Twelve days of Fitmas at Edinburgh Leisure

December has arrived and with it the season of shopping, eating, drinking, partying and ... exercise.

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

Edinburgh Leisure has launched its seasonal promotion, 12 Days of Fitness and 12 Days of Climbing, with the aim of encouraging people to stay active in December.

The 12 Days of Fitness and 12 Days of Climbing promotion offers 12 consecutive days of membership for only £12 any time in December. As the promotion includes unlimited access to all Edinburgh Leisure's 13 gyms, 9 swimming pools (excluding the Turkish Baths at Portobello Swim Centre), over 700 fitness classes per week, and climbing, this represents excellent value for money.



Photo by Phil Wilkinson

Edinburgh Leisure – Drumbrae Leisure Centre.

And the promotion is timely as experts continually agree that maintaining some level of physical activity during December is important in order to boost immunity, manage stress and mental health, as well as shaping up for your Hogmanay party outfit.

Furthermore, it can be a brilliant way to get one step ahead of New Year fitness plans – that first trip back to the gym in January will be far easier.

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.”

For further information visit: www.edinburghleisure.co.uk
(terms and conditions apply)