

# **12 Days of Fitness – Don't wait for the new year to make those resolutions**

**It's the most wonderful time of year, being the season of shopping, eating, drinking and partying but all those good times can take their toll on your health. However, why wait for the new year to make those fitness resolutions?**

With the health recommendations to keep active for 150 minutes per week, there's no excuse not to build some 'me' time into your schedule too.

Edinburgh Leisure, a charity dedicated to creating opportunities for everyone to lead more active, healthy lives has 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, which is also available on climbing too, offers 12 consecutive days of membership for only £12 any time in December.

As the promotion includes unlimited access to all Edinburgh Leisure's 14 gyms, 9 swimming pools (excluding the Turkish Baths at Portobello Swim Centre), over 800+ fitness classes per week, and climbing, this represents excellent value for money.

The pass isn't restricted to one pass per person either – if you wish to buy a second pass after your first pass expires, it'll mean you're doubly on the way to reaching those fitness

goals ahead of New Year.

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.

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.

For further information about Edinburgh Leisure venues and services and the 12 Days of Fitness Promotion visit [www.edinburghleisure.co.uk/12-days-of-fitness](http://www.edinburghleisure.co.uk/12-days-of-fitness)

