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Feeling Less Than Perky?

We're just getting to the 'urgh I can't be bothered to get out of bed' time of year. It's cold and dark, why would you want to get up? While I definitely sympathise with this, we can absolutely minimise the effects of the winter.

When we are lacking serotonin from the sun, we also lack the 'get up and go' that this happy hormone gives us. My first suggestion if you're struggling to get out of bed and get going is to try a light box alarm clock. I have one made by Lumie and it totally changed my world - it gradually wakes me up with a fake sunrise, and although the weather is still chilly and I don't really feel excited at the prospect of getting out of bed, I certainly haven't had the rude awakening my old alarm clock gave me!



The other thing almost all of us should all be taking, regardless of whether you're struggling to get up in the morning, is vitamin d.

In the winter, in the UK, we can't make vitamin d from the sun - so unless you are very well topped up from the summer, you will be starting to get low on vitamin d around this time of year.

If you ask my three year old, she will tell you you need vitamin D to make your whole body work properly, and especially to make your bones strong so you don't get hurt while jumping around. This is of course all true, vitamin d really does have an effect on your whole body - your mood, energy levels and immune system especially. If you're feeling tired all day, grumpy or down more often, and/or your immune system seems to have packed up - you may well be low on vitamin d.

If you spend most of your days inside, even in the summer you might not be getting enough vitamin D. Being outside plenty at the weekend isn't enough. So, it could well be the case that you're starting the winter already low on vitamin d, which means you will be struggling more than someone who spends all their days outside in the summer and is going into the winter with their vitamin d tanks full.

Another consideration is that if your skin is covered, you're probably not going to be getting enough vitamin d - you need the sun on a good percentage of your skin in order to make enough.

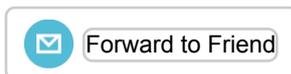
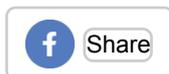
So aside from the natural sleep-inducing tendencies of this time of year, I'm sure you can see there's a fairly good chance you are also low on vitamin d, hence it being suggested that almost everyone would benefit from supplementation at least over the winter.

If you'd like to know which vitamin D I take, please ask.

Likewise, if despite trying these ideas you're still struggling, there could be several things going on. I can help you get back to feeling on top of the world, most likely with a couple of easy-to-implement changes, so [please do ask me to help](#).

Until next time, enjoy staying healthy!

Best wishes,



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