



Ricardo Riskalla is one of Australia's leading Fitness and Health experts. Contacting Ricardo is the first step to living a healthy lifestyle.

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## 3 unhealthy habits to avoid this winter

winter woes



### Ricardo Riskalla

Personal trainer, author, nutrition expert and chef, Ricardo has been featured in Vogue and many publications. He is the secret weapon of many a supermodel and actor.

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### Ricardo Riskalla explains the simple solution to avoid common winter mistakes

As soon as the cold season approaches, we seem to instantly go into a three-month hibernation where health and fitness is a thing of the past. But [this winter](#), try to avoid the three most common mistakes and learn how to adapt to the new weather by following these simple resolutions:

#### 1) Stay hydrated:

When the cold sets in, it is very common for people to stop drinking water and believe it or not, in autumn and winter is a crucial time to stay hydrated. It's common though - the last thing you feel like doing on a freezing cold day is drink a glass of ice cold water, but there are other ways to hydrate your body. A great solution is to drink warm water or teas. Teas also are filled with wonderful benefits like antioxidants that are in [green tea and matcha](#). Stick to herbal teas after 2pm - as the caffeine in green tea can keep you wide awake.



#### 2) Go outside regardless of the weather:

Does this sound familiar: It's freezing outside, and you're meant to do a workout - 99% of the time bed seems like a way better alternative. But the best way to take on the outside and continue your usual run/walk or anything else, is to simply warm up before you leave the house. Drink a hot tea and do some star jumps or push ups to physically warm up your body.



#### 3) Continue with your usual diet

As soon as it ticks over to winter, we're all guilty in indulging in hearty, wholesome carb-loaded foods that we wouldn't usually eat. But sticking to your usual food groups is the best way to scare off any unwanted weight gain. I completely get that a salad would be the last thing you feel like on a cold rainy day, so try swapping your usual salads with a homemade vegetable soup. This way, you're still getting your usual vegetable intake but adapting to the cooler climate change.

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