

# your winter survival plan.

Try this motivational training and diet programme to see you through the cold months.



**W**e've laid out your winter week, with exciting meals, training tips and diet do's from our local health experts, plus you get the weekends off. Personal Trainer of the Year 2010 from Virgin Active South Africa Scott MacIntosh teamed up with nutritional consultant Vanessa Coyne (Ecodiet.co.za), and we challenged them to put together the ultimate winter maintenance plan, so that come spring, you're sundress ready and not scrambling for the treadmill! If you only do one thing each day, make it one of these.

5-day eating and exercise plan!

