

How to find workout motivation as days get shorter and colder

You may have gotten into great workout habits this summer, but as the nights draw in and the temperature drops, it can be hard to keep up momentum.

When you get in from work and it's the dark, or wake up to a chilly, drizzly morning, it can be difficult to find the drive to get some

exercise in, whether it's making your way to the gym, heading out for a run or going to a class.

With decreased serotonin due to the reduction in sunlight, and increased melatonin from the darker

nights, you may be feeling groggy, tired and uninspired, but actually, getting out and exercising could help with this.

According to personal trainer and nutrition coach at The Rhi Club, Rhianna Crisp,

"As the chilly, sometimes gloomy autumn days start to creep in, it's common for us to lose our motivation as quickly as we're losing sunlight.

"When it comes to our health and fitness, we can't always rely on motivation, but

rather than drive, discipline, and habits you've built. Saying that, there are a few ways to help you re-light that fire in your belly and get you motivated to keep working on yourself."

"It's important this winter in particular to think about cost and safety, so prioritise group activities outdoors and free classes or exercise," says Crisp.

Regaining that motivation is possible with a few simple habits.

MAKE A PLAN

According to fitness expert and director of Geezers Boxing, Leon Bolmeer, "Following a consistent routine you enjoy will help create both a boost in energy and optimism, as well as a willingness to want to exercise. Try to make exercise into a habit and plan your social life around your workout plans. We advise you to plan sessions for when you are least likely to abandon the idea."

GIVE TEAM SPORTS A GO

"Team exercise adds competition and the social element to exercise. Most of us are motivated by social interaction, and people often go to the gym or sports clubs because their friends are there, and it's highly motivating," says Bolmeer.

DO WHAT YOU ACTUALLY ENJOY

Keeping motivated is hard if you don't love the exercise you are doing.

Bolmeer explains: "This sounds obvious, but when it comes to exercise, it's crucial you pick something you enjoy. Enjoying your exercise will increase the chances of long-term adherence.

"The best type of exercise is often a mix of activities you enjoy and are motivated to stick with.

"Some people get bored with the same exercise day after day, whereas others prefer a routine."

GIVE GROUP RUNS A GO

Joining a running club or local event may encourage you to get out running – with a focus on safety in numbers if they run at night, too.

Crisp is a big advocate for Saturday Park Runs.

Don't let the word 'run' scare you.

Park Run is basically an entirely free event that happens every Saturday at gam in your local park.



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NOTICE PURSUANT TO SECTION 177AE OF THE PLANNING & DEVELOPMENT ACT 2000, AS AMENDED, RELATING TO A PROPOSED DEVELOPMENT BY MEATH COUNTY COUNCIL

TAKE NOTICE that Meath County Council proposes to seek approval from An Coimisiún Pleanála to carry out the following development:-
Newtownmoyaghy Road Improvement Scheme in the townland of Newtownmoyaghy, Kilcock, Co. Meath.

The proposed development will consist of:

- diversion of the Newtownmoyaghy Stream within an area of agricultural grassland to the northeast of the existing channel and road;
- piping, infilling and topsoiling of the existing stream channel;
- provision of new culvert under the Newtownmoyaghy Road to connect the diverted stream into the existing channel downstream;
- provision of agricultural crossings over the new channel;
- widening of the existing carriageway;
- construction of new road pavement and upgrade of existing road pavement;
- alterations to the entrance of one residential property;
- provision of new agricultural entrances; and
- provision of associated drainage infrastructure, boundary treatments, surfacing works, road marking, traffic signage and landscaping.

A Natura Impact Statement (NIS) has been prepared in respect of the proposed development.

An Coimisiún Pleanála may approve the proposed development in whole or in part, with or without specified modifications or it may refuse to approve the proposed development.

Plans and particulars of the proposed development, including the Natura Impact Statement, can be inspected free of charge, or purchased at a fee not exceeding the reasonable cost of making a copy from **Monday, 13 October 2025 to Friday, 28 November 2025** at the following locations:

- online at: <https://consult.meath.ie/>
- **Meath County Council, Buvinda House, Dublin Road, Navan, Co. Meath, C15 Y291**, between the hours of 9am to 1pm and 2pm to 5pm, Monday to Friday, excluding public holidays
- **Municipal District of Ratoath Office, Drumree Road, Dunshaughlin, Co. Meath, A85 PP71**, between the hours of 9am to 1pm and 2pm to 5pm, Monday to Friday, excluding public holidays or
- **The Offices of An Coimisiún Pleanála, 64 Marlborough Street, Dublin 1, D01 V902**, between the hours of 9.15am and 5.30pm Monday to Friday, excluding public holidays

Submissions and observations may be made free of charge to An Coimisiún Pleanála relating to:

- the implications of the proposed development for the proper planning and development of the area concerned
- the likely effects of the proposed development on the environment
- the likely significant effects of the proposed development on a European site

Submissions can be made in writing by email to laps@pleanala.ie or by post to **An Coimisiún Pleanála, 64 Marlborough St, Dublin 1, D01 V902**. Submissions must be received before **5.30pm on Friday, 28 November 2025**.

Please mark all submissions & observations with the following project name: **Newtownmoyaghy Road Improvement Scheme**.

A person may question the validity of a decision by An Coimisiún Pleanála by way of an application for judicial review, under Order 84 of the rules of the Superior Courts (S.I No 15 of 1986) in accordance with Section 50 of the Planning and Development Act 2000-2025. Practical information in respect of the judicial review process can be accessed on www.pleanala.ie or www.citizensinformation.ie.

www.meath.ie



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