**TIS THE SEASON TO STAY ON TRACK**

 

In the rush of December, it’s easy to get overwhelmed with the festivities, so take the time to reset and stay on track wherever you find yourself. 20 minutes is all it takes. No equipment necessary, just you, your mat and your will.

This month, we caught up with Brooklyn-based wellness expert and fitness junkie Chinae Alexander on how she brings method to the festive madness.

**Chinae says:** “I know how tempting it is to let your training take a backseat in December – it’s a month full of parties, shopping and travelling so who would blame you for letting that daily sweat, slide? But there’s nothing quite like the satisfaction you get after a workout. Here are my top tips for staying motivated:

* Set yourself small, manageable goals rather than big, unreachable ones, maybe that means a quick workout before relaxing around the house watching holiday movies all night. It’s not about restriction, it’s about finding enjoyment and balance in all of it
* Hold yourself accountable – agree to send a friend a post-workout photo, or go for a walk with family or friends so you’re keeping active but also prioritizing your time with others
* Stop focusing on what other people are doing. Do what works for you. Don’t feel like a run today? Do yoga, lift some weights, or try a new class…if you beat yourself up for not doing something in particular or not doing as much as others, you’ll likely feel less motivated to do ANYTHING at all!

Amidst the hectic holidays, gift yourself the time to work out in the **All Me** **Bra**, a light support bra featuring a beautiful cross back finish, removable moulded cups with a fitted under bust band, and soft-feel straps. Stay focused on your practice as you look to master new poses in the **Believe This Tight**, with flattering cut lines and a high-waisted, flexible design that ensures ultimate comfort.

**See the full SS18 Bras & Tights collection here:**

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