Read the text. Choose one of the variants.

People generally eat more in winter than in summer, but you want to lose weight and stop feeling tired all the time, isn't enough. You also need to some simple exercise. The first thing you can do is to get outside. Walking during winter is better than walking in summer because you can go on for distances in cold temperatures. Aim for a speed you can achieve comfortably.

Another easy way to fit is by following an exercise video. There's no need to spend time travelling to and from a class, you simply switch the video and work out at home. Try renting a few videos before buying one, and then you can choose one that's right for you. Something you can do at home is walking up and down stairs. Five to ten minutes of this is excellent exercise.