



## DAVID FAIRLAMB THE FIT FACTOR

IT is very easy to let the years pass you by and not take stock of how you could improve your life and well-being. Just small changes can make a huge difference to your outlook on life and re-ignite your self-confidence and esteem.

Life is often full on and there never seems time to look at possible changes which could create more quality time to think and plan.

Here are a few tips on how you can take a different more positive approach to life:

- Make a list of the things which are achievable and would make you happy. Then you have a starting point to plan ahead
- Book a break/holiday well in advance so you know you have something to look forward to and work towards it
- Give yourself some time each week to do something that makes you happy, its important to have

time to relax – build it into your schedule

■ Regularly supercharge your feel good endorphins through exercise, it makes you feel alive and life become easier when you feel good plus you will achieve more throughout your day

■ Take time to analyse your eating habits. You are what you

eat, therefore if you feel tired and lethargic, try cutting down on processed and sugar rich foods. You may be surprised how good you feel

■ Give yourself more time to do things – this starts from the minute you wake

up. Rather than being in a mad rush every every morning, plan as much as you can the day before, then set your alarm earlier so you have time to enjoy breakfast and start your day in a more relaxed mode

Try looking at life in a more positive way, its too easy to be

**Motivational quote of the day**

*Live your life and forget your age*

### NUTRITION CORNER

Mushrooms such as portobello, shiitake and cremini will go a long way in helping maximize your vitamin B3 levels – this is vitally important in order to regulate cholesterol and release energy from food. It also helps filter toxins out of our body.



Don't miss David's tips every Saturday in your Journal



### FITNESS TIP

Most body weight exercises such as squats and lunges are very effective when executed correctly. Check your form in the mirror and remember dropping your chin can lead to pressure on your neck and incorrect back posture – always be aware, especially as you tire.

negative thinking your life is monotonous. Instead look to enjoy each day, in fact enjoy each moment, smile and be happy, it's in your hands...

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# Round-the-clock effort to restore gas on Quayside

**Chris Knight**  
Reporter  
chris.knight@trinitymirror.com

ENGINEERS from Northern Gas Networks are making progress in their battle to restore gas supplies to Newcastle's Quayside.

A burst water main under Queen Street on Sunday affected 150 properties, including many bars and restaurants.

Teams of Northern Gas Network (NGN) personnel have been working around the clock since then and have now extracted 210,000 litres of water.

The supply to 36 premises has now been reconnected.

The Head of Steam in Broad Chare and the Broad Chare pub and restaurant are among the establishments to reopen. In a



► Yesterday around 36 properties of the 150 affected had gas again

statement released yesterday morning, NGN pointed to "steady progress".

Ian Waddle, regional manager for NGN, said: "Work will continue over the weekend and we're doing everything we can to restore gas supply to the remaining customers

as soon as possible". Mr Waddle thanked residents and businesses for their co-operation and patience.

The drop-in centre at the Premier Inn on Lombard Street was due to stay upon until 10pm last night and hotplates and portable heaters have been made available for residents in need.

As for compensation, according to the standards of NGN's operating licence, non-business domestic customers will receive £30 for every 24-hour period for which they are without gas after an initial 24 hours.

Compensation to business customers "will be calculated on an individual basis", NGN said.

"For loss of business, business customers should look to their own insurer for any wider compensation claims," it added.

Mr Waddle again apologised for any inconvenience caused.