



DAVID FAIRLAMB THE FIT FACTOR

YOU don't need to look far to see endless advertising for energy boosters in various forms including supplements, vitamins, herbs and, of course, sugar-rich energy drinks.

Thankfully, there are things you can do to enhance your energy levels naturally.

DRINK WATER

If your body is lacking water, one of the first signs is a feeling of fatigue. Make sure you keep drinking consistently every day. Aim for at least 2 litres. As most of our bodies are made up of water, even a 1% drop can affect your metabolism. Remember foods such as vegetables and fruit also contain plenty of water.

THINK POSITIVE

In many cases, tiredness is in the mind - think you are going to be tired you will be. But think in a positive way and that feeling can be reversed, eg it may be hard to jump out of bed at 5am for work but if you are going on holiday, it's easy as you are positive.

CONTROL STRESS

Stress-induced emotions can consume a huge amount of energy. Relaxation therapies such as meditation and yoga will help.

EXERCISE

Exercising sensibly gives you that feel-good factor which in turn promotes positive vibes and energy. Physical activity sends oxygen and nutrients to your body's cells, helping your heart and lungs work more efficiently and boosting energy levels.

CUT DOWN ON SIMPLE CARBS

Foods heavy in

carbohydrates can leave you feeling sluggish, especially simple carbs like those found in white bread, pasta and rice, sugary drinks and processed food. Stick to wholegrain, low-glycemic carbs that take longer to digest therefore give a more constant energy release like brown rice, oats and sweet potato.

PEPPERMINT OIL

This refreshing essential oil increases oxygen to the brain which heightens focus and can stimulate the mind. Add 2-3 drops of peppermint essential oil to your morning shampoo to wake you up. Or dab a few drops on your wrist during the day.

BETTER QUALITY SLEEP

Try to eliminate caffeine after 4pm as the effects can last for hours and try to keep a constant sleep pattern, if your lifestyle allows you as this will regulate your body clock. Also try to cut down on the amount of alcohol you consume on an evening, over time you will get a better quality of sleep without it.

NUTRITION CORNER

Chia seeds are small seeds but carry a big punch: 3 x more iron than spinach, 15 x more magnesium than broccoli and packed with calcium. The benefits are endless and include weight loss, helping to prevent certain cancers and promotes sound sleep. Sprinkle it raw to any food or add it to a smoothie to thicken.



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



FITNESS TIP

To avoid any post-exercise slumps try to eat a combination of carbohydrate and protein within 40 mins after training. This will keep energy levels raised.

Motivational quote of the day

Be stubborn about your goals but flexible about your methods

The Virgin Holidays

SALE

Strike while the beach is hot.

MOON PALACE CUNCUN FROM £1265* PP

MOON PALACE JAMAICA GRANDE FROM £1715* PP

7NTS, ALL INCLUSIVE, 5V

PALACE RESORTS

THE SALE WON'T LAST FOREVER
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SEIZE THE HOLIDAY



ABTA *Price is per person based on 2 adults travelling and sharing a deluxe resort view room at the Moon Palace Cancun for 7 nights on an all inclusive board basis with return economy flights from London Gatwick and include all applicable taxes and fuel surcharges, which are correct as of 25 Apr '17 and are subject to change. Prices based on 03 Oct '17 departures. Moon Palace Jamaica Grande price is per person based on 2 adults travelling and sharing a superior deluxe partial ocean view room for 7 nights on an all inclusive board basis with return economy flights from London Gatwick and include all applicable taxes and fuel surcharges, which are correct as of 25 Apr '17 and are subject to change. Prices based on 22 Aug '17 departures. Price includes online discounts and must be booked online, if booked by telephone or in store a higher price applies. Weekend and peak season supplements may apply. Offer must be booked by 31 May '17 and is subject to availability and standard terms and conditions. Offers valid for the relevant division of the Virgin Holidays Group only, for definition visit <https://www.virginholidays.co.uk/who-are-we/our-family>. Offers cannot be used in conjunction with any other special offer, promotion or discount including the Frequent Virgin Club and Virgin Atlantic Flying Club unless otherwise stated. When booking by telephone or in-store a non refundable booking fee applies. Credit Card payments will incur a 1.5% charge of the value of the transaction. Calls cost no more than calls to geographical numbers (01 or 02). ATOL protected (2358) and ABTA (V2043) for Virgin Holidays.