



DAVID FAIRLAMB THE FIT FACTOR

NUTRITION CORNER

Broccoli sprouts are actually more effective than the fully-grown vegetable – they are packed with antioxidants and extremely high in the ability to help detoxification.



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

THE events in Manchester and London over the last few weeks have been horrendous and touched us all.

Once again this shows we need to make the most of every day and look after ourselves and our loved ones.

Those caught up in the attacks were not given any choice – their lives have been changed forever.

In most cases changing your life, in a positive way, is in your own hands. Life is all about being happy and content – for many this is not the case due to being unhealthy and overweight:

Here are my thoughts, if you want to lose weight, live longer and be more healthy:

- Change the way you live
- Be strong with yourself
- Be positive
- Bring back your self confidence
- Bring back your self esteem
- Make the changes consistent
- Do not stop until you are happy
- No excuses

There are many people, films, events etc that you can draw on to keep you more focused, and you may only need a few weeks or months to put yourself right, look good and move forward in life.

Throughout life there are many things you can re-visit for inspiration – it's having the ability to hold on to those thoughts and act on them that you need to work on.

The words "changing your life" sound daunting but, in many cases, it may be as simple as adding 45 mins exercise two to three times a week or cutting down on sugar or fast foods.

Every individual has their own specific goal – its down to you to make changes and take a new path in life.

You have to start somewhere –no one else can do it for you.



Motivational quote of the day

Be strong – you never know who you are inspiring

FITNESS TIP

On days you find it hard to go to the gym or are struggling in the middle of a tough workout, think of something that motivates you. We all have a power song to listen to, but how about a power thought that inspires you and gives you that extra bit of motivation and strength?

Be positive and make yourself happy, because you can.

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