



DAVID FAIRLAMB

THE FIT FACTOR

NUTRITION CORNER

Olives are loaded with antioxidants, including a large dose of vitamin E, which plays out in the prevention of a number of diseases. Other benefits relate to the health of the nervous system, immune system and digestion. They are packed with 'good' fats' essential for a healthy body, and are ideal for adding to salads.



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

NOW that Christmas and New Year celebrations are well and truly over, it's time to focus on the promises and resolutions you have made for yourself.

Last week I wrote about mental toughness and consistency, and the need to make small everyday changes in your daily routine and have the will to keep going.

This week I have listed some ideas to make things easier for you and save money at the same time.

- Always have healthy protein at hand in your fridge. I suggest cooking a large joint of meat at the weekend so that during the week you can carve a few slices then add a big portion of

vegetables or salad. It's easy, quick and healthy plus ideal to take to work. It will also save you paying for a quick-fix unhealthy lunch.

- Seeking professional help isn't as expensive as you would think. There are a number of gyms which are cheap and if you are happy to train on your own with no help, that's fine.

Alternatively having a trainer to motivate, check your technique and be accountable can be life-changing. At DF Fitness you have a number of options:

- The Tynemouth Beach Bootcamp sessions are hugely popular and highly motivational all for £5 per session.
- A maximum of six people train together for a six-week period in our

Motivational quote of the day

A positive mental attitude will create more miracles than any wonder drug

body transformation group sessions, which are less than half the price of personal training. You also have the added bonus of your own private gym plus constant nutritional advice.

- Our Fitness Assessment Saturdays take place every few weeks, with a full body composition analysis. Body fat

percentage, lean weight, water level and metabolic age are calculated before a fitness assessment, all for just £10.

- DF Fitness covers all areas of well-being and fitness; this is far better than hitting the gym not knowing where to start and without professional support.

- Home-made soup is the perfect winter warmer. Vegetable soup with protein e.g. chicken or turkey, is highly nutritious and very filling. Once again, making a large amount can provide meals for a few days. Using all natural ingredients means home-made soup is more healthy than tinned soup - which can contain up to six teaspoons of sugar.

- Of course the cheapest workout is stepping out your front door and training outside. Add strength exercises for a

full-body workout. It's time effective and cost you nothing - all it takes is a little self-discipline

- Buy protein, e.g. meats and fish, in bulk and freeze it. There are a number of internet companies that do this and deliver to your door, e.g. musclefood.com. It often works out a lot cheaper. If possible go for organic or free-range.

- Another sure way of saving money and your waistline is to cut out snacking between meals. Adding more healthy food to your main meals is cheaper and better for you than sugar-rich snacks

Looking after your health, fitness and diet does not have to be expensive. It's all about making the correct choices and keeping a consistent healthy routine.



FITNESS TIP

Rather than just hitting the aerobic machines eg treadmill, cross trainer, rower in January to help shed the festive pounds, seek advice. Change your routine - look to do a full body workout. You will feel stronger, improve your posture and burn more calories when it's executed well.

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