



# DAVID FAIRLAMB

## THE FIT FACTOR

### NUTRITION CORNER

There is no significant difference between fresh and frozen varieties of berries and fruits. Buying frozen is a convenient and often less expensive way to incorporate your five-a-day into your diet, especially during the winter months.



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

**T**WENTY nine weeks and counting until this year's Great North Run. Why not make 2017 the year you take part?

Start your training now, but make it a double target - looking great for the summer holiday while being ahead of the game for the run on September 10. No more worrying about cramming last-minute training to look good on the beach or panicking about lack of training for the run.

Start this week and you can be confident you will have much more self-confidence on holiday and you can look forward rather than worry about the run.

**Here are a few tips to link the two targets:**

■ Running is a great way to lose weight. Starting your training now means you have plenty of time to build the miles towards the run while at the same time losing body fat for your holiday.

■ Having two goals will help focus your mind and keep you firmly on track, especially as the training for both complement each other perfectly.

■ Eating healthily will help you strip body fat, therefore helping to build self-esteem for your holiday. This will also mean

less weight bearing through your joints as you progress your GNR training, lowering the risk of injury.

■ Research shows drinking more water helps you perform and recover from exercise quicker, while also being very good for your skin and hair.

This once again will help you recover from your runs and help you look fresh and healthy on holiday

■ Core strength - training your core through exercises incorporating your stomach, side stomach and back will help improve your running and improve your strength, power and stability. This will obviously help you look good and improve your posture and shape for holiday.

■ Compound exercises, meaning exercises involving more than one muscle group, such as squats and lunges, are ideal to strengthen and shape your legs. They are good to add to your running schedule and will help tone your legs for a better look on holiday.



**Motivational quote of the day**

*First you just want to look good then you realise it's deeper than that*

**FITNESS TIP**

If you are training for the Great North Run, or indeed any running event, rather than just run every session it's important to add specific strength exercises into your training. It's hugely important to work the whole body if you want to maximize your running efforts.



**EMERALD**  
WATERWAYS

## Discover the Future of River Cruising

Come and meet our experts and enjoy exclusive event offers

**6:30pm to 8.30pm Wednesday 1<sup>st</sup> March 2017**

**The Biscuit Room, The Biscuit Factory, Newcastle**

Emerald Waterways is Europe's newest fully-inclusive river cruise line offering exciting itineraries, contemporary ships and exceptional value. Its fleet of Star-Ships bring the highlights of ocean cruising to the river. Emerald Waterways fully-inclusive service means everything is taken care of.

**FREE**  
Newcastle flights with fast-track pass\*



**Admission free but please reserve your place**

Email [kathryn@travelb.co.uk](mailto:kathryn@travelb.co.uk) or call **0191 285 9321**. For more information visit [www.travelb.co.uk/events](http://www.travelb.co.uk/events)

To book your next Emerald Waterways cruise contact your local cruise specialist

**Travel Bureau**

Call: **0191 285 9321** | Email: [cruise@travelb.co.uk](mailto:cruise@travelb.co.uk) | Visit: **69 High Street, Gosforth, Newcastle upon Tyne, NE3 4AT**

\*When you book within 30 days of attending the event.