



DAVID FAIRLAMB THE FIT FACTOR

NUTRITION CORNER

Apple cider vinegar is popular for use in condiments, such as dressings or vinaigrettes. Studies suggest it can be useful for weight loss. One study showed taking 15ml-30 ml of vinegar per day with a high-carb meal for 12 weeks caused weight loss of 2.6-3.7 pounds and increased that feeling of fullness. Vinegar has also been shown to reduce blood sugar spikes after meals, which may lead to all sorts of health benefits long-term.

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

NOW that Easter is over its time to ditch any remains of sugary Easter eggs and focus on looking good for the summer.

That negative feeling about the way you look needs to be turned in to a positive:

Negative: I need to lose at least a stone for my summer holiday - I'll never do it, it's too late.

Positive: There are still 10 weeks until July, pull back on a few bad food habits each day and, if you lose just over 1lb a week, there is your 14lbs.

Negative: I eat well and still can't lose weight, why should I bother?

Positive: You may think you eat well but there is a big difference between eating well and eating to lose weight. Cut out any refined sugar and processed food; start eating what the body was designed to eat, eg lean meats, fish, vegetables, fruits, eggs - this way you will see big changes and that will certainly be worth the bother.

Negative: I don't have time to train.

Positive: We can all find time to train if you are focused and want it badly enough. Strength exercises such as squats, lunges, press-ups, stomach/core exercises can all be done in your home. As can running on the spot, mini trampoline work etc. No excuses - we can all find 20 mins per day.

Negative: A glass of wine a night, is around 55,000 calories a year.

Positive: Even if you keep everything else the same but just remove that daily glass of wine,

you will drop 3-4lbs by July.

Negative: I feel tired, lethargic and heavy. I'm really going to struggle in the heat abroad.

Positive: Starting regular exercise of any sort will instantly make you feel better about yourself. Eating better and cutting down on alcohol consumption will also turn that lethargic and tired feeling into fitter, stronger and more energised. The reduction in body fat and new mindset will definitely help you deal with the heat abroad much better.

Negative: I'm too embarrassed to go to a fitness class - I need to lose some weight first.

Positive: The whole point of going to a fitness class is to make a difference to the way you look and feel. The quicker you make a start, the quicker the results will happen. Lives can be turned around in a matter of weeks, all you have to do is believe, form new habits and be consistent.

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> Exercise can be done anywhere - no excuses!

Motivational quote of the day

There are 1,440 minutes every day, that means we have 1.440 daily opportunities to make a positive impact

FITNESS TIP

Why not get in the holiday mood and prepare for the summer by joining an outdoor fitness class? Our Beach Bootcamps on the stunning Tynemouth Longsands beach are hugely popular and are designed to cover a range of sizes, ages and levels of fitness. Training outdoor has the "x factor" and leaves you invigorated.



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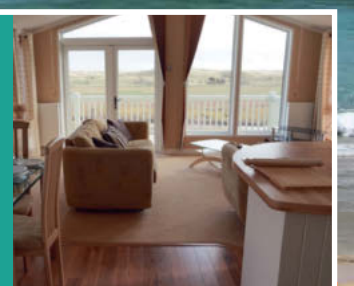
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