



DAVID FAIRLAMB

THE FIT FACTOR

NUTRITION CORNER

Okra is an ancient vegetable that dates back 3,500 years, but the many okra health benefits are still being seen today. It's used for healing ulcers as it helps neutralise acids. It's also a rich source of Vitamin K and has the ability to lower cholesterol levels; it's high in fibre therefore improves digestive health, and is also known to boost skin health.



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

SUMMER bodies are made in the winter and let's face it's not that long until you will be digging out your summer clothes and thinking about your holiday.

Why not take pride the way you look and feel by the pool this year, rather than constantly trying to cover up?

Like many things in life it is too easy not to bother and there goes another summer when you are conscious about the way you look and have probably forgotten how good you can actually feel.

Alternatively you can go for it, refocus, be positive and excited about changing the way you look. This will automatically make you feel much happier.

Here are a few tips regarding end goals, progression, stripping down your body fat and improving your shape

End goal and keeping focused

■ Photograph : stick an old photograph on your fridge of the shape and weight you want to

return to, this will keep you incentivised;

■ Jeans : find a pair you are aiming to fit in to, this way you won't need any sophisticated scales etc to tell you how much weight you are losing, just keep trying the jeans on at regular intervals, for example once a fortnight;

■ Swimwear : take a picture of yourself now in your holiday swimwear, then again at regular intervals leading up to your holiday. This is a great way to monitor your ongoing improvement;

■ measure waist : measure your waist at its biggest circumference then regularly check the

inches you are losing.

Progression

■ Move more every day: it's not rocket science but it's simple - eat less and move more. Start by making a decision to run up every set of stairs this year or walk two stairs at a time. If you are able to dodge the lift throughout the year then do it as often as possible. Try to walk more often every day and rather than the regular habit of snacking in an evening, change it to a walk and fresh air, this will help break your routine.

■ Jog/run: it doesn't have to be quick but during your walk why not break in to a jog even if it's for 10 seconds at a time - it all helps, raising your heart rate and burning more calories.

Small amounts of extra calories burnt every day will soon add up over months and years.

Improve your shape, hit big muscle groups every day

■ Do squats: big muscle groups burn more calories there-

fore add squats to your daily routine, after a walk would be best as your muscles will be warm;

■ Press up: full press up, half press up in other words with your knees on the floor or press up against the wall will help strengthen your top half and core. Make sure your body is in perfect alignment, avoiding any dropping of your hips. As you become stronger add more repetitions

■ Plank: this helps strengthen your core ie middle part of your body. Start in a press up posi-



tion bend your elbows and rest your weight on your forearms, your body should be in a straight line from shoulders to ankles, hold your technique and position. Aim to improve the length of time you hold this exercise each week.

Remember these tips need to be maintained alongside a fresh healthy diet for maximum results.

Start forming new habits now and come the summer your confidence and self esteem could hit new highs.

Motivational quote of the day

The body achieves what the mind believes



FITNESS TIP

Something you think is impossible to achieve now can become within your comfort zone in the near future. So walk that extra few miles, add speed to your treadmill run, enter an event that may scare you. It's good to push yourself way past the norm - unless you try you will never know.

PLAY

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INVENT

The Big, Big Block Build

Sunday 12 February Booking essential

Let your imagination loose and come together to help build a fantastical, new version of Newcastle in Lego®. Bring the family along, grab a plot and get building!

Book now

www.discoverymuseum.org.uk/play-invent

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