

Your 30 tips for a healthier 2017



For DAVID FAIRLAMB, fitness is a 12-month a year deal. But he knows it isn't that easy for the rest of us. His weekly columns in The Journal have offered us tips and hints as we try to motivate ourselves to drop those bad habits and take up some better ones. As 2016 ends and we look forward to the new year he offers a list of pointers for the new year – and he'll be back next Saturday with his weekly Fit Factor column

AS another year draws to a close take a little time to reflect on the year gone, think about the positive times when you have felt good and happy and also how you have tackled the tougher times and lessons you may have learnt.

It's a good time to re-evaluate where you are and what changes you may want to take towards the life you imagined.

Throughout your life it's important to look after your health which becomes much more of a priority as you get older.

Illness waits for no one and you need to respect your body and do as much as possible to help yourself.

It's no good waiting until you are forced to make changes, why not make 2017 the most positive and feel good year to date.

Be more healthy, reignite that feel good factor and find a new zest for life.

Here are my top 30 health tips to help you look good, lose weight, re-energise and supercharge your metabolism in 2017



1 Ditch 'white death' – in other words cut back on as much sugar as possible, especially sugar-rich fizzy drinks.

2 You can't out-train a bad diet – 80% of losing weight is down to eating the correct food.

3 Train smart, seek advice from a professional and make sure you are eating and exercising correctly targeting what you want to achieve.

4 Cut processed food from your shopping list. If it's not in the house you won't be tempted.

5 Drink two to three litres of water per day. As well as keeping you hydrated it will help stave off hunger and keep you fuller for longer.

6 Avoid shopping when you are hungry, this can lead to you buying unnecessary items such as quick fix processed food.

7 75% of diet and exercise regimes fail within the first three weeks – unless you set yourself a target. Always have short and long-term goals.

8 Snacking during the day may have become a habit, eating more protein-based main meals should help as you will stay fuller for long-

er. **9** Exercise more, join a class or a group, do something different. This will also give you more confidence.

10 If you are looking to lose weight and feel fresh, cutting down on alcohol is a good place to start.

11 Boost your metabolism by adding different spices to your food.

12 Exercise in short quick bursts. Make interval training a priority to help you become fitter, stronger and get those feel good factor endorphins flowing.

13 Be accountable to someone, make sure you hit your targets on a regular basis and have it checked by a third party. This will help you stay focused.

14 Think outside the box and set yourself a brand new challenge or target. Attempt something you have never done before, this will freshen things up for you.

15 Make one or two changes to your daily food intake to help you lose weight. For example, if you have four slices of bread a day, cut it to two. You will save 730 slices a year. Small everyday changes over time can change your life.

16 Preparation is the key. Plan your week's meals. Too busy to eat healthily is not an excuse.

17 Excuses are a sign of weakness, be positive and attack your targets. When you hit them, set more challenges – therefore progress is continual.

18 Take a Vitamin D supplement during the winter. This will help promote musculoskeletal health and can improve your mood.

19 Add more healthy vegetables to your diet and steam them, it takes minutes. I would recommend asparagus and broccoli.

20 Go to bed earlier and try to sleep longer, the benefits are endless. Constant lack of sleep can promote the stress hormone cortisol, which can increase your appetite



and therefore lead to possible weight gain.

21 Eating lean and clean food means you don't need to worry about portion sizes.

22 Berries – blueberries, blackberries, strawberries and raspberries – are the best type of fruit to consume and the lowest in natural sugar

23 Mix your training up, your body will get used to the same workout and tempo very quickly. Change the resistance, speed, weight and order of training on a regular basis.

24 Not sure where to start with exercise? Take yourself out for a walk, over time progress your distance and speed. See if you can add a jog, then run. As your fitness builds, look to vary the type of exercise eg class and so on... you have to start somewhere!

25 Motivate yourself – use technology to monitor your steps per day, look to improve weekly.

26 Kick your metabolism into action every morning by eating breakfast – lose the sugary sweet cereals, though... look towards eggs.



27 The best meal – lean meat or fish with a load of green vegetables. Plain fresh food is your pathway to leanness.

28 100 sit-ups a day will help strengthen your core but will not progress you to a six pack unless you are eating correctly – this is the only way to strip your body fat down.

29 Ditch any thoughts of thinking fad diets work long term. They will often mislead you, cost you the earth and lead to disappointment. If you want it badly enough you just need to make a few consistent changes to your daily life. If you say strong mentally, you will succeed.

30 Why not donate all your chocolate, sweets and Christmas cake leftovers? This way any temptation at the start of the year has gone.

Those who feel they have a long way to go on their health and weight loss journey, think again.

Clean lean food combined with the right exercise works, your life could be transformed in a matter of weeks.

Be positive and strong this year, make a real difference to the way you look and feel.

When you feel good about yourself, your whole life becomes easier and you can concentrate much more on what makes you happy in 2017.