



## DAVID FAIRLAMB THE FIT FACTOR

### NUTRITION CORNER

Rather than having caffeine for an after lunch energy boost, try ginger root, a pungent herb. Not only good for digestion it can relieve nausea, improve circulation, warm the body and has anti-inflammatory properties.



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

**T**HE thought process of where to start in order to lose weight can seem like a minefield.

Think like that and it will be. Instead, give yourself some time to put things into perspective and focus clearly on what is needed and how you are going to be positive moving forward.

Here are just a few of my tips:

- 80% of weight loss is down to the correct diet. You can't out train a bad diet, so don't kid yourself;

- Take control of your food habits rather than just going with the flow. It starts in the supermarket. Edit your weekly list, adding fresh healthy food and deleting the processed rubbish;

- Two biscuits a day which may be seen as a treat, account for 730

a year. This has probably become a habit and can be stopped with a little self motivation;

- Cravings will stop if you keep away from refined sugar and processed food which make you want to keep eating. You will also feel

much more alert and eradicate afternoon slumps which you may have been experiencing;

- Cook healthy food which can also be frozen or stored in the fridge so you can keep going back to snack on. Repeating the same meals is OK, especially when you know it's healthy;

- Any weight loss stress will soon disappear when you are eating 100% because you can't do any better. Your self-confidence will also improve as you feel, and see positive changes;

- Supercharging your metabolism through training will boost your weight loss. Add a couple of sessions to your weekly routine and that original thought process, of

not knowing where to start or what to do becomes much clearer and will re-ignite your feel good factor;

- If you are hungry late in the evening, halve your tea and keep the rest for later;

- Cut the calories and lean up with protein. Add more protein to your meals, eg lean

meats, fish, eggs and cut down on your more calorie based foods such as potatoes, pasta, bread and rice. Protein will also help to fill you up and keep you fuller for longer;

- Avoid weighing yourself unless you have a decent body composition machine. This distinguishes your fat, muscle and water levels. Normal scales simply show overall weight. Even better, be guided by how you fit in to your clothes, you don't need any scales to tell you that;

- Join a fitness group who have similar goals. Sharing how you feel, train and sharing positive results is inspiring for everyone;

- Of course weight loss, feeling and looking good is one thing but I haven't touched on the health implications if your weight continues to increase over years and even decades. Surely this is an even bigger motivator to make positive health changes.

Not knowing where to start or how to go about losing weight is natural. My tips are just a few ideas to think about. The main thing is to make a positive decision, put a plan together and stick with the lifestyle changes you make. This way it becomes natural and you can live your life without the constant worry about your weight.



> Lose those 730 biscuits a year!

**Motivational quote of the day**

*Every day is another chance to change your life for the better*

### FITNESS TIP

Be accountable either through a training group or friend for exercise and weight loss support. This will keep you focused and help you push to that extra level in the gym