

The Journal

chroniclelive.co.uk, home of The Journal online

Monday, January 1, 2018

90p

FORGET THE WORD DIET ...AND THE DAFT RESOLUTIONS

DAVID FAIRLAMB'S NEW YEAR FIT FACTOR ADVICE: PAGE 19



What a year this could turn out to be

Tyne fountain to
be at the heart of
Great Exhibition
of the North

Page 17



Urban garden
on Gateshead
Quays set to
get green
light

Page 14



Major business
plans poised to
blossom across
the North
East

Page 15



Never mind resolutions, never mind diet – make changes that work

Every Saturday North Tyneside-based fitness trainer DAVID FAIRLAMB tries to encourage us all to get in the right frame of mind to lose unwanted weight and feel better. Today is traditionally a day for resolutions – but David doesn't want us to have them – or to go on a silly diet. He'll be back in his regular slot on Saturday – so here are some things to think about until then

MAKE 2018 a year of positive change!

By that I mean introducing consistent lifestyle changes. Ditch the word diet, bin the quick fix plan that only works in the short term, lose the unrealistic New Year resolutions that you make after a few drinks, think positive, think sensibly and this year achieve what you have wanted to achieve for years.

Everything is in your own hands, and, yes, make changes in January, but subtle ones which are realistic and will last over time. Not only will you look much better but will feel energised and positive throughout the year.

Here are some ideas on changes that over time, not just through January, could be life changing

■ Eat smaller portions. It's simple and it works. Eating less calories per day means weight loss.

■ Buy smaller plates. You can trick your mind into thinking you are eating a large meal if the plate is full.

■ Cut out snacks between meals. Eating more protein at your main meals should help and will keep you fuller for longer.

■ Try to limit the amount of bread you eat per day. If you cut down from four to two slices, you would have saved 730 slices of bread calories a year.

■ Ditch your scales! Use your

Let's face facts, if you are battling your weight and failing, you need to make changes

clothes plus how you feel as a real measure of your progress. Work towards fitting into a pair of jeans, dress, or shirt.

■ Serious about weight loss? Be mindful of your sugar intake - four-grams is equal to one teaspoon, more than eight teaspoons for an adult is above the recommended amount.

■ Until there is a vast reduction in the sugar content of most cereals, stop eating them! Pull back on these and you will have taken a big step forward in reducing your daily sugar intake. Eggs for breakfast is the way forward.

■ Keep your body functioning well and stave off hunger by sticking to a daily routine of drinking water. Adults should drink two to three litres a day.

■ Move more every day! Take every opportunity to walk/exercise, eg

walk while on the phone, exercise on your lunch hour, take the stairs, not the lift. Moving more means burning more calories.

■ Take the word diet out of your vocabulary. Eat fresh healthy ingredients where possible. Bulk your plate out with vegetables alongside lean meats and fish.

■ Cut down or replace carbs. Replace potato or white rice with a cauliflower version and instead of cooking noodles try replacing them with spiralized courgette. This will hugely cut down your calorie intake and actually tastes good.

■ Stuck in the same exercise routine which you dread? Change it. Find an exercise or class you enjoy, then you are more likely to attend regularly and give 100%.

■ Make time not excuses. Replace idle time on your mobile phone to do more productive things, eg to

cook fresh food or go for a run or walk.

■ A mental approach is just as important as a physical one, try adding a yoga or relaxation class into your regime, this will help keep you calm and positive.

■ Take your time implementing these changes, try adding one of two ideas every few weeks, this will help keep you focused.

Let's face facts, if you are battling your weight and failing, you need to make changes.

Even if you only follow a few of the above tips you will see a big difference over time. In fact, in over 20 years' experience as a personal trainer, when done correctly and consistently, I have never seen them fail.

Make 2018 a year where you make time for yourself, recover your shape, regain your fitness and self confidence.



► David Fairlamb in his gym at North Shields

Simon Greener



► Ease up on the bread



► Ditch the massive portions



► Go to work on an egg



► Get walking (even if it's less sunny than this!)