



DAVID FAIRLAMB THE FIT FACTOR

FITNESS TIP

Take time before 2018 to assess whether the type of training you are doing is working. If not, look at making changes early in the new year. If you are not sure what you should be doing, seek help.

NUTRITION CORNER

If you have been trying to lose weight this year and it hasn't worked, change it. If you are not sure where to start seek help soon – this will help motivate you.

David will be back with some special tips on the day you need it most – January 1. His Saturday column returns on January 6

FOR my final column of 2017 I'm reflecting on some of the feedback and success stories which have led to big health and fitness changes through this year.

This may well inspire you to take time out over the next week, think how you could make your life healthier, happier and regain your self confidence in 2018.

Here's how some of my articles have inspired readers in 2017:

In January one of my motivational quotes was 'your body can stand almost anything – it's your mind you need to convince'. A number of people contacted me as they related to this and wanted to improve.

Through training with us they mastered how to improve their mental strength, not only during their fitness sessions but it also gave them the tools to cope much better with everyday life.

In many of my weight loss themed articles I wrote about avoiding the scales. Instead I advised measuring your progress through how well your clothes fit or through a Body Composition reading. I now

regularly have readers attend my fitness assessments to monitor their body fat, lean weight, water levels, metabolic age etc. This has kept them focused through the year and given them accountability.

I wrote about the boom in small group training. Research shows how effective this is towards achieving targets and improving fitness levels. Training with like minded people helps keep you motivated, the days when you are struggling others may inspire you and vice versa.

Since writing about my six-week, six people body transformation sessions, there have been a number of success stories and huge weight loss from Journal readers.

Training outdoors has

become hugely popular and I believe will continue to be for years to come. Going back to how our ancestors stayed fit through walking, running, jumping, climbing, lifting, pushing etc in other words the way we were designed to move, works.

Our Tynemouth Beach Bootcamps are always busy because we train this way and design the sessions for all shapes, sizes and levels of fitness. There is also no competition, screaming and shouting in any of our sessions. Training in such a beautiful place like Longsands is inspiring and leaves you rejuvenated. Congratulations to all readers who attended this year and continue to turn out in all weathers!

The last few years has seen a boom in over 40s looking for new challenges. I highlighted the huge rise in obstacle course races involving things like monkey bars, climbing walls, wading through ice water to name a few.

Specific training for this isn't easy which is why I came up with the concept of a floodlit private outdoor gym where you can train in



the snow, ice and gale force winds.

I have also built some of the exercise stations you would encounter on an obstacle course, eg monkey bars, climbing wall, huge (and small) tyre lifts, pulls, gymnastic bars etc.

I opened it in the snow a few weeks ago and because it covers all levels of fitness, the response has been fantastic and once again it's great to see Journal readers enjoying

our unique facility.

I continue to call sugar white death and those who follow my SugarCleanLean food plan have had dramatic results, both in the way they look and feel.

Thank you for all the positive emails and its great to see readers wanting to make a difference. I hope my articles continue to educate and guide you towards a healthier lifestyle in 2018.

Motivational quote of the day

*Your focus
determines your
reality*