



DAVID FAIRLAMB THE FIT FACTOR

NUTRITION CORNER

If you are looking to lose weight, remove all the sugary snacks, fizzy pop, cakes etc from your home – this will stop temptation. Replace with healthy options – start 2018 as you mean to go on.



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

2018 – a year for positive lifestyle changes. Regain your fitness, shape, self-confidence, self-esteem and, in many cases, happiness. Make those changes now and you could be transformed in a matter of weeks.

Making small everyday changes that are consistent, sustainable and become habits, can be life-changing, both in the short-term due to the way you look and feel, and long-term, by staying healthier for longer.

Here are just a few of my tips:

- My number one tip by far is to ditch refined sugar for both yourself and your family – fizzy drinks, cakes, chocolate, cereals to name a few need to be cut to a minimum or ultimately cut out of your diet altogether. Remember an adult recommended sugar intake is 32grams (eight teaspoons) and there are 10 in a regular can of Coke.

Everyone is now surely

aware of the dangers of sugar – the more you can control your intake the more weight you will lose and the better you will feel.

- Rather than cut alcohol out for a month then go back to the same old routine, find ways of cutting back on a daily/weekly basis. Remember two large glasses of wine a day can equate to over 120,000 calories a year, which is well over two stones in weight gain. Pulling back on your weekly drinking could make a huge difference to your waistline.

- Look at your lifestyle and work out when you can exercise. Find a class, group or type

of training which suits you and commit. Training without any form of commitment or accountability makes things much harder to stay focused.

- Have a default meal for when you are rushed. Instead of ordering a takeaway, eating unhealthy ready meals or snacking on rubbish, have a meal you can make quickly and is healthy, eg omelette, tuna salad, ham and eggs. This, over time, could save you from consuming thousands of empty calories.

- We seem to spend half our lives on our mobiles – make use of this time by walking rather than sitting while on the phone.

- Be positive every day – glass half-full rather than half-empty gives you that feelgood factor. Look at life and be thankful, appreciate what you have and treat yourself and your body right throughout 2018.

Motivational quote of the day

A year from now you will wish you had started today



FITNESS TIP

If you have just returned to the gym after a long break, be sensible – ease into this year and progress rather than working yourself into the ground. Be patient.