



David Fairlamb

THE FIT FACTOR

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

ENGLAND'S football success story at the World Cup goes on.

This unfancied young side who have a cool, calm manager have reignited our love for football and

inspired a nation.

It's been a fantastic few weeks and it just shows what can be done with the right guidance, self-belief, patience, self-discipline, which they certainly showed during the appall-

ing treatment by the Colombian players, and a will to work for each other.

I have been hugely inspired by many of my clients who, using the same attributes as the England play-

ers, have transformed their own lives:

Here is how the process could work for you:

CONSULTATION

You want to make big changes, you have an idea what you want to achieve, I explain how it can be done.

If you focus and believe, it may only take a matter of weeks to make massive positive changes.

LIGHT SWITCH MOMENT

You suddenly dare to believe and start to make small changes to your daily food routine and add exercise.

SELF-BELIEF

As changes are implemented, I see an immediate boost of self-confidence and self-belief as you realise positive changes are happening.

TEAM

Training in one of our body transformation groups gives you the chance to take inspiration from others and vice versa. Also, working with

Sometimes we are tested not to show our weaknesses but to discover our strengths

Motivational quote of the day

others who have similar goals will keep you focused and motivated.

PATIENCE

It takes patience and a will to work and stay disciplined.

There are times when it may get tough, however, keeping mentally strong becomes the norm and the rewards will come.

GUIDANCE

The guidance and positivity we instill gives you every chance of achieving exactly what you want.

Inspiring clients and instilling confidence is a huge part of our job and your success gives us huge satisfaction.

REWARD

The reward of turning your life around is priceless, both in the way you will look and feel.



FITNESS TIP

Try to train with people who ooze positivity and will help motivate and inspire you.



> The England team before their match with Croatia

LIFESTYLE CHANGE

Be inspired get your positivity back, the cup is always half full not half empty, from now on

