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THE FIT FACTOR

LIFESTYLE CHANGE

If you are lacking energy at certain times of the day, look at your daily routine and find ways of improving your lifestyle. You may find small changes could give you that energy boost you have been craving.

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TIREDFNESS and exhaustion are fairly common problems in society today. They are often linked to lifestyle, mood or the build-up of stresses

Our lifestyles have always included behaviours that can lead to feelings of tiredness. However, modern life seems to have exacerbated the pressures we face.

Living in a world where technology has created a society that never sleeps, many people are running lives at high speed and rarely taking any time out. As a result, the behaviours that have always been there have snowballed, leading to feelings of exhaustion and fatigue. These behaviours include:

- Drinking alcohol too often and too much of it
- Consuming too much caffeine.
- Working late shifts or longer hours because we feel pressure to do so.
- Long commutes leading to hugely long days and weeks.
- Snacking on the go leading to consuming more processed or sugar laden foods
- Not getting enough exercise.
- Pressures of work and day to day life means less time is dedicated to relax and recuperate.

Of course there could be many reasons

why tiredness and fatigue is effecting your life but one think is for sure, making sure your diet and lifestyle is the best it can be can only help and for many, make a huge difference.

Here are a few tips to help you:

Avoid Toxins

Stick to natural products avoid as many toxins as you can, especially the obvious ones like sugar, caffeine and alcohol and try to eat what we were designed to. In other words, fresh natural foods, eg lean meats, fish, vegetables, fruit, salad and eggs.

Water

Staying hydrated is essential for our energy levels. Studies show even mild dehydration can cause tiredness.

Rethink your lunch

Eating more lean protein-based foods rather than carbohydrates will help you avoid that afternoon fatigued feeling. Rethinking your lunches could transform the way you feel for the rest of the day.

More fruit and vegetables

You can have results or excuses – not both

When you're tired and craving unhealthy foods, your body maybe looking for energy in any form that it can find it. In reality, your body is probably craving good nutrition. Aim for at least five servings of fruits and vegetables every day.

Refined sugar free breakfast

Changing your breakfast to avoid sugar rich cereals and fruit juice should stop that energy high before crashing to zero. Look to porridge or eggs for a slow energy release and a fuller feeling for longer.

Exercise

That feel good feeling from exercising will leave you energized, not tired while also boosting your metabolism.

Positive environment

Spending time with friends in a positive happy environment will make you feel positive and boost your energy levels.

Improve your stress management

Constant anxiety and high levels of the stress hormone cortisol can make you tired. If you want to feel more energetic take time to relax, eg go to a spa, do yoga, disconnect from your emails for a day. Once you are recharged you will feel much more energized.



➤ Eggs for breakfast can fill you up for longer

FITNESS TIP

If you train regularly, you will know some days are tougher than others to motivate yourself. If you are not feeling 100% it is ok not to push yourself too much and have an easier workout. Remember exercise is also used to make yourself feel better, not just for fitness.