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THE FIT FACTOR

NUTRITION CORNER

Are you going to stay as you are thinking it will get better? or are you going to re gain your self esteem and confidence by doing something about your weight and the way you feel. Small everyday healthier food choices is a great start.

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

WEIGHT gain can have a profound effect on people's self esteem and self confidence. This can lead to changes in personality and the belief that there is no way back and nothing is going to change - this is where you are wrong...

We have an amazing track record of transforming people's lives and I can honestly say those who are 100% committed, by eating correctly and training consistently, have never failed to hit their targets.

Some people can take months to pick a time and pluck up the courage to start making changes. If you are unhappy with your weight and the way you feel, do not wait for the right day, seek help now. With the correct guidance and support you could transform your life in a matter of weeks.

I have spent two decades changing people's lives and witnessing clients transform themselves both physically and mentally, it is the best part of my job.

There have been some staggering changes over the years, here are a few examples of what drove them

to completely change their lives in a matter of weeks?

■ Finally, they had enough of the way they looked and felt. Even more worrying was knowing their health was also starting to deteriorate;

■ They wanted to live longer for their children and future grand children;

■ Their first thought in the morning and the last at night was a negative one regarding their weight and the way they felt - this had to stop;

■ They wanted to look and feel normal and buy clothes from a shop, rather than bigger sizes online;

■ It affected virtually every

*You were not born
a winner, and you
were not born a
loser. You are
what you make
yourself*

thought process and decision throughout the day, their weight became their biggest stress;

■ Their lives would never change unless they took responsibility - no one was going to do it for them;

■ One client even came to me because he was already paid for two aeroplane seats due to his size and didn't want to pay for three.

Once they made the decision the negativity and low point in their lives was over.

They turned to looking forward and focusing on positive changes, it only took a matter of weeks to completely transform their bodies and just as importantly their minds.

Through sheer determination and a will that nothing would get in their way, these clients are now living with a positive attitude and a new outlook on life.

You may be reading this thinking you could never do that, it's just a one off - no it's not, lives are being changed every day, be inspired and make the decision to change yours...



> Jonathan Ord
lost 12 stone



FITNESS TIP

When you are performing exercises make sure you are concentrating 100% on the muscle group or groups you are trying to isolate eg squats focus on your legs and bum, this will intensify your workout and promote more strength to that specific area.