



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

Look to the new year and make time for you and your health and wellness. No one else will do it for you.

FITNESS TIP

Apps, magazines and podcasts help educate and motivate you and give you new ideas - try them.

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

IT'S not too late to buy a gift which may just be the push for you, a family member or friend in order to live a healthier lifestyle in 2019.

Of course, there are the expensive all-singing and dancing watches that give you every stat you can imagine about your daily activity but it's about what would work for each individual that's the most important.

Some things are free and can be life changing. Here are just a few ideas:

Ted Talks health podcasts - if it's motivation you need the Ted Talks podcasts and videos tick all the boxes. Some are short and straight to the point with inspirational speakers and you can keep returning to them, if you need a regular boost.

Kit - buying new gear to wear can give that extra motivation to get out and train. The feel good factor knowing you look good does help.

Music - invest in some

music that you love - this will help boost your energy levels during your sessions. Some decent earphones can also make a big difference.

Vouchers - most big fitness companies have vouchers that may just be the push you need to kick start 2019. We have vouchers for all our sessions including Beach Bootcamp, Outdoor Gym, Indoor Bootcamp's, Personal Training and 6 weeks' body transformation courses.

Health Magazine - buying a yearly subscription to a fitness/ health magazine will help educate you to leading a

*Go for it now
- the future is
promised to no
one*

**Motivational quote
of the day**

healthier lifestyle and make those small changes that can make a big difference over time.

Fitness app - download a fitness/food app of which many have proved to be very motivational and help keep that day-to-day focus, which over time should implement better habits, leading to positive changes both physically and mentally.

Target - enter an event that is doable and something you can focus and look forward to, rather than dread. Anything from a 3k walk upwards. Choose something that isn't too far ahead, there are so many events in the North East that you will be spoilt for choice. Short term goals are good and will help you stay on track.

Book - read a book which is inspirational. Keep those positive thoughts at the forefront of your mind as you continue to make progress over days and weeks ahead.



> New kit can help get you into exercise - and some good tunes in those earphones can help too!