



## David Fairlamb THE FIT FACTOR

### LIFESTYLE CHANGE

Those who are looking to lose the festive pounds make sure all the leftovers from Christmas – which you know are bad for you – need to be donated or binned. This way even the thought of being tempted has been removed.



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

**M**ENTAL toughness plays a huge part in our everyday life.

Making the correct choices is one thing but sticking to them and being disciplined is another. Those who have set some new sensible goals and ideas for 2019 are maybe thinking how you can stay consistently good. Here are a few of my tips:

- Be mindful as to why you have set the goals and bounce off any outside influences that may directly interfere.

- Consistently tell yourself to keep strong and stay focused, be proud of what you are doing.

- This is a positive choice you are making, see it as that, not a threat or a negative – then you can attack it.

- Monitor how you are progressing every week – this will keep you on track and strong. Breaking it down into smaller parts works well as the end goal often looks too far away.

- Some people can feel negative at certain times of the day, this is the time to change your associations.

In other words, do something different at that time, eg go for a walk, read, watch something funny on TV. Changing your routine works and will help redirect your thoughts

- Where possible surround yourself with positive people, this will always help give you a boost.

- Have a film or TV programme on hand that inspires you, this will

help reignite your motivation

- If you face a setback, use it to your advantage and work even harder with more grit and determination. Think of it as a test that you can overcome
- Feel strong inside and out, only you can achieve your goal, no one else can do it for you!

Of course there are days where your targets will seem easy, it's the days where things get tough that your real character and mental toughness comes in to play.

Try to find your own way of pushing through those times because anyone can give in, that's easy – there is no better feeling than staying strong and achieving exactly what you set out to do.

**Motivational quote of the day**

*Your body can stand almost anything – it's your mind you need to convince*

### FITNESS TIP

Ease in to the New Year. The thought process of eating minimal food and training in to the ground will only make you tired and lethargic. This will affect your day to day life. Be sensible and you will start to look and feel good quickly.

