



# DAVID FAIRLAMB

## THE FIT FACTOR

### NUTRITION CORNER

Apricots are rich in vitamin A which helps release powerful antioxidants essential for maintaining optimal vision and healthy skin. Enriched with a number of other health-promoting phytochemicals, they can help keep your cholesterol levels in the normal range, while the dietary fibre keeps your system running smoothly. Also the potassium provides compounds in cell and body fluids that help regulate your heart rate and blood pressure. Consumed fresh, they are a delicious addition to any kind of salad.



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

**E**XERCISE is a powerful way of building self-esteem, it's a natural mood-lifter and provides a sense of accomplishment, helping you to look and feel better about yourself while reducing stress.

Over the years, self-esteem has been regarded as an important element of well-being, and something that can be further enhanced through exercise.

Self-esteem is defined as: "The experience of being capable of meeting life's challenges and being worthy of happiness."

Most people agree that even though they may not look forward to doing a workout, they tend to feel better afterwards. While it's good for everyone, it's particularly beneficial if you have a mental health condition such as depression or anxiety. It doesn't matter what you do, as long as you get moving.

However, it can be tough to start or maintain exercise especially if you don't really like exercise, don't feel like it, you're anxious, depressed, tired or busy.

Here are a few ideas to maintain exercise rather than dread it, and still build self-esteem:

**Exercise regardless** - make exercise a priority no matter how tired or negative you feel. Focus on the positive benefits e.g. good health, better mood, healthy weight, more energy and improved self-esteem. Do it because it's good for you and not for anyone else. Do it because you want to feel good every day

Join a group or class. This has the added benefits of social

interaction and meeting new people. It also helps with motivation and commitment. My small, six-people, six-week group sessions fit this category perfectly

Focus on movement rather than exercise. Look to move during the day, this promotes energy and a feel-good factor. Children move all day and they don't consider it exercise. Learn from that.

Schedule exercise time and commit to it. Write it in your diary. Having structure and setting targets will help with commitment and creating new healthy habits.

Get outside - preferably in a green space or near water, find an activity you enjoy and just do it walk, jog, run, cycle, garden. My Beach Bootcamp is very popular because it is outside on the beautiful Tynemouth Longsands beach. It is designed so people of any age, size, shape and level of fitness can take part.

Find the right exercise - don't force yourself to go to the gym or run if you don't enjoy it. There are many ways to exercise and it's important to choose something

that works for you, giving you that fresh, positive and re-energised feeling when you are finished.

Stop comparing yourself to others. It's important to exercise at the level you are comfortable with.

It doesn't matter what others are doing, as your confidence builds you may feel you may then want to push yourself further.

Where possible seek advice. A personal trainer is not just there to push you to the limits, anyone could do that. It's about looking after you and guiding you through a specific programme both physical and mental.



### Motivational quote of the day

*Confidence is like a muscle, the more you use it the stronger it gets*



### FITNESS TIP

At the end of a training there is a big difference between feeling worked and feeling tired. To build self-confidence a training programme designed for you to feel worked eg short sharp efforts rather than pounding the treadmill for an hour, will give you more of a feelgood factor.