



DAVID FAIRLAMB THE FIT FACTOR

TO prescribe one pill that had been fully researched and passed as effective, which could prevent or treat the likes of high blood pressure, high cholesterol, heart disease, depression and even dementia, would be seen as a miracle.

Add to this it's practically free with no bad side effects, only improved sleep, increased energy and weight loss.

Actually this medicine exists and is available for everyone - it's called intensive lifestyle change. Its active ingredients are physical activity and drastic improvements in diet, and it works!

Intensive lifestyle change involves knowledge and action — if it was a pill I'm sure millions would be taking it, but it's not, and most people think it's too difficult to do and even harder to maintain.

Huge research has been done in this area emphasizing the obvious:

- Nutrition and exercise but also

looking at the psychological factors such as loneliness, isolation, depression and anger because emotional and social health is associated with a reduced risk of disease and premature death.

■ Things such as smoking, drinking and over-eating is often an individual's attempt to self-medicate their emotional issues.

Here is an overview of the official research based exercise that works:

■ Nine weeks of nutrition and meal prep instruction on a plant-based, low-refined-carb and low-

trans-fat diet, as well as shared meals with the group;

■ A recommendation of three to five hours of moderate physical activity, along with two or three strength-training sessions per week; and

■ Stress management, communications skills, and relaxation instruction and a support group.

The goal is for patients to adopt these health-promoting strategies for the rest of their lives.

This structure is exactly what we offer at DF Fitness. Our Bite Size Body Transformation group sessions, based on my award-winning Fit Factor competition success, incorporates all of the above factors:

- Six weeks following a specific food plan;
- A small group (seven max) working together;
- Group chat and support after each session;
- Specific psychologist group sessions to help keep minds focused; and
- Yoga classes promoting stretching and relaxation.

NUTRITION CORNER

Most people know they should eat five portions of fruit and veg per day. For weight loss, try to make 3 of the 5 vegetables – as they are lower in sugar and higher in fibre.



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The balance of offering mental, as well as physical, support is a very important part of my business and is essential to create an intensive lifestyle change.

I have proved through my Fit Factor successes and 20 years' experience of training clients that you can turn your life around both physically and mentally in a matter of weeks.

Focus, discipline and structure are the key factors with the sheer will to stay healthy,

When you make healthy choices, you feel better quickly. This re-frames the reason for changing from fear of dying to joy of living.



Motivational quote of the day

Life has no remote get up and change it yourself



FITNESS TIP

On the days you train make sure you have a plan. Just playing at training with no structure will often lead to loss of motivation and focus. Plan it, nail it and finish knowing you have achieved something.