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If possible choose ground flaxseeds over flax seed oil. Although the oil contains just as much omega 3, the ground seed contains much more fibre – giving you a double benefit



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RESearch has shown that exercising in a group environment makes people feel physically and mentally better than training on their own. Researchers found working out in a group lowers stress by 26% and significantly improved quality of life.

Although those who exercised on their own exerted more effort, they experienced no significant changes in their stress or perceived physical fitness levels.

The findings support the concept of a total well-being approach including, mental, physical and emotional health.

The study, which recruited 69 medical students – a group known for high levels of stress and poor work-life balance – and allowed them to self-select a 12-week exercise program, either within a group setting or as individuals.

Those exercising in a group showed significant improvements in all three quality of life measures:

- Mental health - up 12%
- Physical fitness - up 24%

- Emotional stability - up 26%
- Perceived stress levels - down 26%

Those exercising alone saw little change, except mental well-being, which increased by 11%.

So, even if you're the type of person who's usually into sweating it out by yourself, perhaps it's time to consider how much more you would benefit from working out in a class. I have been running group training for many years which are hugely popular.

Whether it be beach bootcamp, indoor bootcamp or six-week body

transformation sessions, the motivation of working with other like-minded people and being accountable is a huge draw for my clients.

So much so, I am currently building a private, self-contained floodlit outdoor gym, which will be the first of its kind.

This will give clients a unique opportunity to train in a group, tackling any weather, in an outdoor gym throughout the year. If you are specifically looking for a workout that will make you feel happier, science has now confirmed that exercising with a group can significantly lower stress levels and improve your quality of life overall.

The camaraderie and support within the group will also help you keep your focus and strive towards hitting targets.

Others in the group can inspire you to push harder during the session, increasing your self-confidence and leave you in a more positive frame of mind.



Motivational quote of the day

Let the enthusiasm and energy of the group be your fuel



FITNESS TIP

Try joining a group fitness session, research shows it can increase well being on so many levels. Training with others is fun and maybe the kick start you need to make significant, positive changes to your lifestyle.