



DAVID FAIRLAMB THE FIT FACTOR

IT is easy to become blinkered about believing you have a healthy lifestyle, when in reality you have unhealthy eating habits and a distinct lack of exercise.

You can't live on the theory you were fit 20 years ago, therefore you are still invincible.

Most people will know a friend, colleague or family member who thinks exercise is a waste of time, mainly because they don't do it, plus they eat badly and explain how it hasn't done them any harm over the years and insist they are still fairly healthy. This is a classic head-in-the-sand scenario.

If you are worried about someone you know and think they need help, here are a few suggestions on how to approach it without upsetting them:

- Entice them to go with you to a fitness class. One class may well give them a sense of reality and ignite them to continue;

- Show some exercises you have been performing at the gym, eg squats, lunges, etc, let them try and see how they feel. On the back of this, if they enjoyed it, buy

them a voucher for one of your fitness sessions - and make sure they go with you;

- Explain you are on a fitness kick and need a partner to help keep you motivated. Ask them to join you for walks/runs;

- Christmas is coming, buy them a voucher for some sort of well being. Rather than going for a tough form of training, why not start with a more gentle introduction and book a consultation with a trainer. We do consultations and look at your whole lifestyle -

Motivational quote of the day

Create a life that feels good on the inside, not one that just looks good on the outside

food, exercise, body statistic readings (body fat, lean weight, water levels, metabolic age, fat around the major organs) and injuries to name a few. We look at the bigger picture and advise on a full wellness programme that will suit you best;

- If it's a colleague or family member, you could try to approach the health and longevity of life issue. Some may admit their quality of life is already being affected and they just need a gentle push to make changes;

- If its a partner or colleague make a pact to start eating healthy meals together. Eating one nutritious meal a day will have a positive impact over time.

- If it's someone close, offer to help. Work on changing everyday habits that are impacting their weight or healthy living - eg four slices of bread a day is 1,460 a year or two glasses of wine a day is equivalent to around 30lbs of fat. These, along with other habits, can be changed leading to a healthier day to day lifestyle.

NUTRITION CORNER

If your skin feels dry and jaded, give it a boost of vitamin E - for example, almonds, spinach, sweet potato and avocado. It is an antioxidant vitamin essential for healthy hair, skin, nails and the immune system. Be aware alcohol and lack of sleep can deplete body levels.



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FITNESS TIP

Make training enjoyable. If you are training for health, then pick and choose what you enjoy doing. A combination of cardio and resistance work will give you an overall body workout and should leave you feeling more positive both physically and mentally. Training for fitness or an event, involves a much more specific and focused form of training.