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If you have a cough or cold, try tea made with lemon balm. It has a calming, anti-anxiety effect as well as anti-viral properties, therefore suitable for treating colds and flu symptoms in children, as well as adults.



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

With the summer behind us and for many the focus of the Great North Run over, where and what is your next challenge?

The summer months can leave us out of routine. September and October are the perfect months to get back to your normal day-to-day life.

Research shows 70% of those who start a fitness or diet regime without a specific goal fail. If you have gained a few pounds over the summer, here are a few excuses that you need to turn to positives if you want to see changes:

Negative: It's winter and I feel down.

Positive: As the nights creep in, levels of the feel-good chemical in your brain fall. But research has shown that cardio work will not only up the serotonin in your brain, but is also four times more effective at reducing symptoms of depression compared with anti-depressants.

Negative: If I go out in those temperatures I am bound to get a cold.

Positive: Staying active during the winter is your best defence against colds and seasonal flu. Research from the Mayo Foundation for Medical Education and Research in the US found that you'll cut your risk of flu by 20-30% as regular cold-weather training boosts your immune system.

Negative: Nights are cutting in and it's dark both going and returning from work.

Positive: I've had a great summer, I'm going to set a plan of when and how I'm going to train, then stick to it 100%. The nights are cutting in but I know how good I will feel once I've trained.

Negative: My winter clothes will cover up how I really look, therefore will get away with eating more stodgy food. I will restart my regime in the New Year.

Positive: Do not neglect yourself through the these months, there are plenty of warming foods that fill you, which are also healthy, for example soups and casseroles.

Negative: My energy levels are low in the winter and I am constantly tired.

Positive: If you think you are going to be tired, you will be. Think positive and always feel like you are moving forward in life, this will create energy and more of a buzz about yourself.

Negative: It's wet and cold outside, I'm staying in.

Positive: Instead of avoiding the cold, embrace it. Regular exercise will give you more energy and help release anxiety and stress.

You now have no excuses – embrace the winter and think positive!

Motivational quote of the day

If you wait for the perfect conditions you will never get anything done



FITNESS TIP



Running in cold conditions trains your body to use oxygen more efficiently. Research from Arizona University found that regular cold workouts can add up to 29% to your running speed.