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THE FIT FACTOR

NUTRITION CORNER

Lemon juice is a great flavour enhancer. Mixed with hot water is a healthy and detoxifying alternative to caffeine rich hot drinks. Get twice as much out of your lemon by heating in hot water or rolling until slightly soft before squeezing.



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

WHEN you are exercising, whether it be a walk or a hardcore workout, the principle of the way you think or approach your routines can keep you consistently motivated.

Here are a few tip to help you modify your workouts and to stay positive during your sessions.

- Plan a short, sharp workout. Make sure you work hard and keep the intensity high throughout - 30 mins max after a warm up. This will leave you buzzing with time to get on with your day.

- If you are feeling slightly jaded pick a routine that you really enjoy - your mindset will quickly reset to positive and boost your feel-good energy levels.

- Work at a quicker pace to your norm and learn to push yourself that little bit more. This will give you a huge sense of achievement and leave you wanting to improve further next time.

- Put your favorite piece of music on repeat, this will help inspire you to move up a gear, helping you to improve your performance.

- A combination of cardio and strength session can help break the monotony of a long workout. Mix things up - it's all in the planning.

- Use one session to specifically check your technique - if you are not sure, seek help. 10 strength exercises executed using the perfect form will be safer and more effective than 30 incorrect. This will improve performance and isolate the muscles you are trying to

target - yet another motivator for you.

- Finish the workout you set! Skipping the last three seconds of an interval or the last three reps of a set means it's only you that is missing out and could lead to a bad habit.

- While working out aerobically think about something happy and positive - this will help take your mind away from your training. If your mind stays strong your body will respond.

- If you are struggling through a workout try thinking about a sporting event that inspired you - this will help re ignite your energy in order to complete your session

Everyone has their own individual way of being inspired or motivated.

Try to find something that works for you, this can be great tool not only with exercise but in anything in life. We all need a boost from time to time and in many cases it doesn't take much to become positive in the way you think.

Motivational quote of the day

Let exercise be your stress reliever, not food

> Picturing an inspiring sporting event can help motivation



FITNESS TIP

Have that power song ready to play at any time during your workout to give you an extra boost of energy. This will help push you towards a strong finish.