



## DAVID FAIRLAMB THE FIT FACTOR

**A**CCORDING to new research from Nuffield Health more than half of British fitness fanatics have no idea what to do in the gym or even where to begin in order to progress towards their goals.

A study of 2,000 adults shows a fifth have no idea how to use gym equipment, leaving many feeling intimidated and too embarrassed to use the machines.

The poll also showed:

- A quarter were too shy to ask for help.
- A fifth admitted to copying someone else's workout either because they looked like they knew what they were doing or because they liked the way that person looked.
- Many adults didn't possess a basic knowledge of the key measures that can be used to personalise a more effective workout plan.
- Two thirds of those polled did not know what their body mass

index was, and a further 75% were clueless about their resting heart rate.

- 88% of adults didn't know their body-fat percentage.
- About seven in 10 Brits have no idea of their blood pressure, one fifth don't know their own weight, and one in 10 don't even know how tall they are.
- Six in 10 people also have no idea about what combination of exercises they should be doing to achieve their health goals.

For once, these stats have come as a surprise to me, especially - I feel - the most important that over half have no particular target, which in most

cases is the real motivator and drive towards training consistently.

If you are looking to achieve targets both in the short and long term you need to learn from the above and do the opposite.

We offer a full wellness package including private personal training in one of our three private, appointment-only gyms; award-winning small six-week group training sessions; beach bootcamps; indoor bootcamps; sessions in our newly-built outdoor gym; psychology classes; Yoga classes; Sugar Clean Lean food plan; body composition analysis...

I could go on but rather than be another individual added to the above stats, seek advice, set targets and invest in your future well-being.

We cover the whole wellness, fitness and lifestyle package in the most comprehensive way - make your 2018 a positive year for change.

### LIFESTYLE CHANGE

Discard any cans of sugary pop from your house, therefore taking away any temptation. Also make sure you and your family limit this type of liquid from your diet from now on. Some families could avoid thousands of empty calories a month.



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



### Motivational quote of the day

*Your attitude  
determines your  
direction*



### FITNESS TIP

If you are looking to make positive fitness changes, follow a program that is individual to you. Seek help to build a program that also suits your lifestyle while trying to incorporate exercise that you enjoy.