



DAVID FAIRLAMB THE FIT FACTOR

FIRSTLY, some hugely positive news. Last week I wrote about the dangers of energy drinks, particularly among children.

After Waitrose led the way by banning the sale of energy drinks to children, this week Asda, Aldi and Sainsbury's have also pledged to do the same and will stop selling to those under the age of 16 from March this year. This is another step forward to a new healthier future.

As it's coming to the end of January, it may be a good time to look at how your exercise-related New Year's resolutions are progressing. It's hugely important to have a plan in place but if you are unsure, try to find an exercise group or fitness company that has a track record of helping clients, sets realistic targets and habits which are sustainable.

There are so many options out there - you need to find what suits you best, then of course make the time. This will allow you to plan your week and therefore stop any worry about

what and when to exercise. What would I suggest for weight loss?

■ 80% of weight loss is down to healthy eating. Preparation is key - look to have a more protein-based main meal eg lean meats and fish. Cut out all processed food and refined sugar.

■ Exercise two to three times a week. Try to join a class that you enjoy once or twice a week. Make enquiries and check you are going to be well looked after, such as a small-group personal training session or a bootcamp that is suitable for you. Certainly, try to find somewhere with a good reputation so you are not thrown in at the deep end.

■ Be committed and strong-willed - if you say no to an alcoholic drink or a piece of cake this should make you feel good and even more determined to carry on and prove to yourself, as well as others, what you are capable of.

It's not rocket science but if you consistently adhere to the above recommendations, you will make positive changes and ones which you can keep in your lifestyle.

This will allow you to live a much healthier day-to-day life, one that will help you lose body fat and stop that constant negative thought of how and when you are going to reverse your unhealthy habits.

It is an amazing feeling when you know you are in the zone, both with your food and training.

Even small changes can play a big part in making you feel fresher, happier and more in control of your emotions. Try keeping your lifestyle consistently good, because the positives that come with it can be life-changing.

POSITIVE LIFESTYLE CHANGER

If you are looking to make healthier food choices, rewrite your weekly shopping list. You may well be in a habit of buying a few things each week that are particularly bad. These unnecessary calories will add up over the year, so change them.



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



Motivational quote of the day

1 hours exercise is 4% of your day, no excuses

FITNESS TIP

If you join a new class/bootcamp, always know your limits, do not be pushed into exercises you have not been shown or you feel you can't perform correctly. Always research the fitness company and the class you are attending.

