



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

Try to change your exercise habits by walking or cycling to work. The amount of extra calories burned per week could make a huge difference to your waistline and, of course, your fitness levels.



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

SUMMER is well and truly here and outdoor fitness is booming.

Whether it be a brisk walk to boost your daily steps or a group of kids trying to recreate World Cup free kicks, it seems we all want to be outside doing something.

Apart from being in the fresh air outside training has a huge amount to offer you both physically and mentally. Try to pick an exercise plan this summer that improves your mood as well as your cardio.

Here are a few to try out.

DE-STRESS

Move away from the four walls of your yoga studio this summer and try an outdoor class. Many of these pop up, at this time of year, in parks, green spaces and on public beaches. Try IYogaBody on Tynemouth Longsands Beach.

MAKE YOUR COMMUTE MORE ACTIVE

This is the season for walking to work, getting off the Metro a few stations early, or parking further away from your office is a good start. Better still, try cycling to work

– you will arrive more energised and research shows you will have a more productive day.

JOIN A TEAM

Sign up for a volleyball, football, or other group sports league. You can pick one that only runs the length of the summer – therefore you do not need to commit indefinitely. If you are not into competitive team sports try a running or cycling club. These are all great options if you thrive in social groups and have a hard time staying motivated working out alone. It will also help build social interaction into your life. Social connection has been shown to be as important to your health as not smoking, so it's a great excuse to get out there.

CARVE OUT SOME SOLO TIME

If you need some time out on

Work out your stress outside – not on the couch

your own this summer go for a jog, the North East has some incredible areas for runners.

It's a great chance to get some quiet time in addition to a full-body and cardio workout. Introverts and other personality types who need time alone to reflect and recharge can benefit from getting into a flow that may feel almost meditative.

JOIN AN OUTDOOR SESSION WITH A DIFFERENCE

Our Tynemouth Beach Bootcamps have to be one of the best and most beautiful places in the country to workout. The sessions specially designed to suit all and therefore gives us a huge cross range of ages, sizes and abilities, all enjoying the same workout.

Likewise my unique self contained outdoor gym sessions, including equipment such as a climbing wall, monkey bars and parallel bars gives you the perfect opportunity to try a very different type of workout.

The summer months opens up new classes and opportunities for you to exercise, don't be scared to go and enjoy them.

► David Fairlamb supervises a beach bootcamp at Tynemouth Longsands



FITNESS TIP

Summer gives you much more opportunity to try some outdoor training which is unique and different. Give yourself and your body a change of training.