



David Fairlamb THE FIT FACTOR

LIFESTYLE CHANGE

Trying new classes may change your thought process that exercise is a chore, boring or repetitive. Finding a workout, sport or group that you feel comfortable with often leads to quicker results.



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

SUMMER is the perfect time to get in shape, so why not try something new? Research from workout app FIIT reveals that only 18% of people are using their gym memberships.

Many people are taking to different forms of exercise and classes and prefer to be supervised correctly in order to maximise the most out of their training time.

Here are a few types of classes/training you could try away from the gym:

■ Local running clubs have sessions for all ages and levels of fitness and usually train twice a week.

■ It's a great time of year to join a cycle club. Cycling is the UK's fastest growing sport.

■ Most golf clubs are offering a 'get into golf' special deal throughout the summer. No need to buy any clubs as they are usually provided.

■ With Wimbledon coming up, tennis becomes more and more popular. Most clubs run ses-

sions including classes like cardio tennis which is a fantastic way to improve your fitness.

■ Come and try our unique new Outdoor Gym workouts. We run specific sessions which are designed to suit all levels with exercises including monkey bars and even a climbing wall. It's a superb facility and the only self contained private outdoor gym in the country.

■ Beach Volleyball - a great way to exercise and enjoy the outdoors. If not on the beach there are plenty of indoor volleyball sessions you could attend.

■ Outdoor bowls is traditionally played by the older genera-

Don't wish for a good body – work for it

Motivational quote of the day

FITNESS TIP

Mix up your training by adding different types of sessions both in and out the gym. Variations in training often make you re-think your fitness goals.

tion, however, it's a game that anyone can play and when the sun shines makes this a very popular sport.

■ Beach Bootcamp - our hugely popular bootcamps run all year on Tynemouth, Longsands beach. Surely one of the best places in the North East to do a workout.

■ Beach Yoga - during the summer performing yoga in a stunning location on a beautiful day will help clear your mind and leave you invigorated.

Trying something different may well re-ignite your passion to lead a more active and healthy lifestyle.

> David Fairlamb's outdoor gym in North Shields

