



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

As daylight hours lengthen, change your evening routine by adding a walk or run a few nights per week. Commit and embrace the changes and you should look and feel better in a short space of time.



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

LAST week our Tynemouth Beach Bootcamp age range was from 15-70, all training in one group. When you are well looked after and learn to train out of your comfort zone, but still within your capabilities, Bootcamps can work at any age.

Here are just a few reasons why you should consider joining an Outdoor Bootcamp:

Defined, but not bulky

Many Bootcamps focus on body weight exercises performed at high repetitions. This helps develop endurance and promotes lean muscle tissue, not bulk. Sessions are perfect for those looking to lose weight and become leaner.

More in less time

You'll be hard-pushed to fit as much exercise into an hour at the gym as you would at a Bootcamp. They are all about constant movement and motivation, so you will pack a lot of training in just a 45-60 minutes session.

They're motivational

Training in a group is hugely motivational. Other people will often

inspire you to push on and dig deeper than you would training on your own.

Boosts your metabolism

Working hard in shorter bursts will super-charge your metabolism. This will often last for hours after finishing your session, promoting greater fat loss.

Scenery

Our Beach Bootcamp take place on the stunning Tynemouth Longsands beach, surely one of the most beautiful places to train in the North East. The views certainly help energise clients and give them that feelgood factor. There is something very inspiring about training outside, especially in such a stunning place, and it also helps alleviate stress.

*How do you want
to feel this summer
– fit or jealous?*

**Motivational quote
of the day**

Thought process

The thought process knowing you are training in the great outdoors is, for many, far more enticing than within the four walls of a gym. Mix your training up – it may re-ignite your passion for fitness.

Social

The social connections you make sharing the highs of exercise not only provide motivation in the moment, but they can also form the foundations of a social group that supports your health and wellness goals.

Our Beach Bootcamps are hugely popular as they tick all the boxes.

All sessions are designed to suit all ages and levels of fitness. There is no competition in any of our workouts – all clients motivate each other in different ways as everyone is looking towards their own goals.

Lastly we do not scream and shout at individuals – we work on producing the best from every individual, both in effort levels and technique.

If you are looking to join a Bootcamp make sure you do your research and therefore you will know what to expect.

