



## David Fairlamb

# THE FIT FACTOR

**F**EELING confident in your own skin is hugely satisfying and for some can determine your mood for your summer holiday.

I've spoken about fitness leading up to your break in a previous article, but if you are still wanting to hold onto your figure without spoiling your fun, here are a few of my holiday tips:

■ Ordering a full English with extra bread and muffin, at the airport, before even getting on the flight is probably not the best start. Consuming this amount of calories will leave you sluggish and bloated before your holiday even starts, never mind when you step on to the beach later in the day.

■ Try to eat before you go and avoid the tempting sandwiches often laden with cheese and mayonnaise on the flight. Buy something more healthy in the airport and take it with you.

■ Breakfast - on holiday avoid stodgy food such as white bread, pancakes, especially with syrup. Look towards eggs, ham and fruit e.g. try melon and berries for a healthier start.

■ Go for a walk each day and raise your heart rate - this will help burn more calories. Be aware your heart rate may well already be raised due to the heat.

■ If you normally train and there is a gym available, a 45 minutes workout 2-3 times a week, to keep you ticking over, would be great. If you train throughout the year, a week off may be a good option to give your body a rest. We all need time out!

■ Try to train in the morning, when it's cooler, you then have the rest of the day to relax.

■ If there isn't a gym why not train on the beach for 20 mins? Targeting big muscle groups by performing squats, lunges, star jumps, stomach exercises, press ups, the plank and some short 20-30 metre sprints, would be ideal. I'm sure anyone

*Happiness is found  
when you stop  
comparing yourself  
to other people*

**Motivational quote  
of the day**

watching would only be impressed and inspired by your dedication and effort. My Tynemouth Longsands Beach Bootcamp incorporates all this, why not join us and learn what to do?

■ Try some small stomach crunches on your sun bed. Repeating 10-30 crunches every few hours will soon take you to over 100 for the day.

■ Make sure you drink around 2-3 litres water during the day. Stay away from cans of fizzy soda or energy drinks, they may contain up to 20 teaspoons of sugar in one bottle

■ Try to avoid rich creamy cocktails they are packed with calories. A spirit with slimline or wine is a better option. Beer or lager will probably leave you bloated.

■ Snacking on nuts and crisps at the bar is too easy, limit yourself to a few if needed, then move them out of your reach.

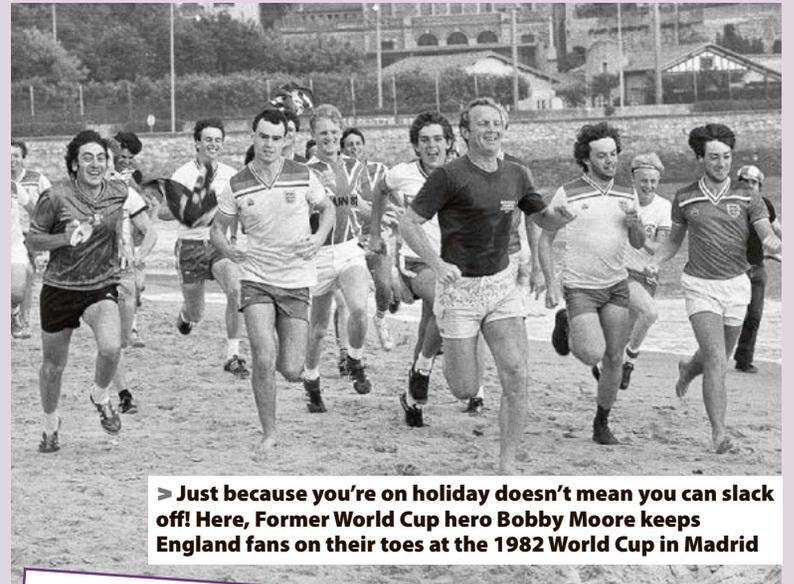
These are just a few pointers toward a more healthy holiday. Of course the main thing is to enjoy it, incorporating a few of my tips should help you continue to look and feel good throughout your summer break.

### NUTRITION CORNER

If you are looking to enjoy your holiday yet still be aware of what you are eating, change your associations. In other words if you always have a full english breakfast, change it to a healthier option. If you always drink creamy cocktails try something less fat and calorie-laden.



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



**> Just because you're on holiday doesn't mean you can slack off! Here, Former World Cup hero Bobby Moore keeps England fans on their toes at the 1982 World Cup in Madrid**

### FITNESS TIP

You can do a workout wherever you are - its about improvising and using your imagination. The great outdoors is the best gym in the world. Natural movements such as walking, running, climbing, jumping, throwing, crawling and swimming are what we are designed to do.