



David Fairlamb THE FIT FACTOR

FITNESS TIP

Aim for more speed during your training, try building up to a level you haven't reached before. It may be tough in the beginning but you will soon feel the benefits in your strength and fitness. Training then become easier and you will realise your body can do more than you think.

NUTRITION CORNER

If you are looking to lose weight there is a big difference between eating healthily and eating to lose weight. Write your food down for a week, you may get a shock. This way you can see where you can make changes.

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

THERE is a big difference between eating healthily and eating to lose weight.

If you are trying to lose weight and not succeeding you need to make changes and work out where you are going wrong. Unless you make some day to day lifestyle changes, results will not happen and, remember, you can't out-train a bad diet!

You may think because you are eating relatively healthy food you should be losing weight. This is where you may be going wrong.

The facts are simple, if you are eating less calories than you are burning off, you will lose weight. I would recommend you don't count calories, none of my clients do, you just need to look into things a little further.

Most people perceive, for example, porridge, brown bread, brown rice and sweet potatoes as pretty healthy and you would be right, they contain very little fat, sugar and salt. You would therefore expect to drop weight, here lies the problem - the food is taken in as carbohydrate and although it contains minimal fat content, if you do not burn it off

through your day to day living or exercise, it will eventually be stored as fat.

If you are looking to lose weight try writing your food down, you can then check on the amount of carbohydrate based foods you are having, it may give you a shock. Look to cut your portions down and add more protein based foods, eg lean meats or fish. Here are just a few examples of everyday changes you could make to help promote your weight loss:

- It's not rocket science, eat smaller portions;
- Replace porridge/cereals with eggs/omelette for breakfast;
- Replace concentrated sugar laden orange juice, with water with lemon or herbal tea;

■ Replace traditional rice with cauliflower rice or more green vegetables or salad;

■ Cut out your lunchtime sandwich, replace it with home-made soup or protein-based salad, eg chicken, turkey - make sure they do not contain sauces, just add lime or lemon for moisture

Regular readers will know, as far as I'm concerned, the biggest and quickest results will happen if you can follow the above. However, more importantly, cut out refined sugar, which I believe is the number one cause of obesity and also make you crave more food.

The same goes for your training. Walking 3-4 times a week is fantastic for your health but is not the best for weight loss. If you can combine healthy natural food, with a fitness programme that is varied and consistently pushes you out of your comfort zone, will accelerate your weight loss, improve your posture, self esteem and general outlook.

It's a short time out of your life to focus and get to where you want to be. When you are there life becomes much happier and more positive.

Someone else is dreaming about what you take for granted

Motivational quote of the day



> This is a healthy lunch - but will that brown bread be stored as fat?