



David Fairlamb THE FIT FACTOR

FITNESS TIP

Running in cold conditions trains your body to use oxygen more efficiently. Research from Arizona University found that after regular cold workouts, can add up to 29% to your running speed.

NUTRITION CORNER

If you have a cough or cold try tea made with lemon balm. It has a calming, anti-anxiety effect as well as anti-viral properties, therefore suitable for treating colds and flu symptoms in children, as well as adults.

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

AS we move into the colder months it's important to recognise the many benefits of training in this season.

Keeping up a healthy workout habit all year round and never stopping because of the cold or outside conditions helps you develop a fantastic, can-do mentality.

Research shows 70% of those who start a fitness or diet regime without a specific goal fail. If you have gained a few pounds over the summer, here are a few excuses that you need to turn to positives if you want to see changes:

Negative: It's winter and I feel down

Positive: As the nights creep in, levels of the feel-good chemical in your brain fall, leaving you staring down a winter of discontent. But research has shown that a cardio workout will not only up the serotonin in your body, but is also four times more effective at reducing symptoms of depression compared with anti-depressants.

Negative: If I go out in those temperatures I am bound to get a cold

Positive: Staying active during the winter is your best defence against colds and flu. Research from the Mayo Foundation for Medical Education and Research in the US found that you'll cut your risk of flu by 20-30% because regular cold-weather training boosts

your immune system.

Negative: I haven't got the correct kit to train in the winter months

Positive: Give yourself that extra incentive by treating yourself to new outdoor kit. Wearing the appropriate clothing for the conditions gives you a positive feelgood factor - therefore you are more lightly to train regularly.

Negative: The nights are cutting in and it's dark both going and returning from work

Positive: I'm going to set out a plan of when and how I'm going to train, then stick to it 100%. Talk yourself into training, not out of it! Focus on how good you will feel after training.

Negative: My winter clothes will cover up how I really look, therefore I will re start my healthy eating and training in the New Year.

If you wait for the perfect conditions you will never get anything done

Motivational quote of the day



> David Fairlamb's beach bootcamps go ahead at Tynemouth no matter how cold it is!

Positive: Summer bodies are made in the winter. Do not neglect yourself through the these months, there is plenty of warm hearty food which is also healthy, eg soups, casseroles etc Be organised and make an effort now, you will thank yourself next year.

Negative: I am constantly tired and my energy levels are low in the winter.

Positive: If you think you are going to be tired, you will be. Think positive and always feel like you are moving forward, this will create energy and more of a buzz about yourself.

Negative: It's wet and cold outside, I'm

staying in

Positive: Instead of avoiding the cold, embrace it. Make the effort to inhale some fresh air and open space. This will be good for your mind as well as your body. Regular exercise will give you more energy and help release inner tensions, anxiety and stress.

All my Beach Bootcamps and private floodlit outdoor gym sessions run throughout the year, regardless of the weather conditions. Make an effort to come and join us and experience that amazing buzz and winter feel good factor. You now have no excuses, embrace the winter and think positive!