



David Fairlamb THE FIT FACTOR

FITNESS TIP

Intensify your outdoor walk or run by adding steps or hills into your routine. As you improve, add more repetitions or increase your pace over a shorter number of reps. You will soon see a big improvement in your fitness and leg strength.

LIFESTYLE CHANGE

Do not kid yourself, continuing to live the same lifestyle as you have for years and think that this year, it will suddenly just happen is naive. To make a difference you have to make changes!

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

THERE is no getting away from it, losing weight and living a consistently healthy lifestyle takes plenty of thought and, of course, discipline.

How can you make it easier for yourself to lose and maintain your weight and reach a point in your life where healthy becomes the norm?

I could list all the usual reasons that you read in every weight loss article or blog, but I'm only going to write about one - training with someone or in a specific group.

Training on your own and being able to stick to a high level of commitment on a regular basis is extremely tough. However, being accountable with both your fitness and diet will lead to quicker results.

Personal Training/body transformation groups

My personal training clients and six-week body transformation groups are accountable with their food every week and they have their body statistics taken every 2-4 weeks. This holds their focus and once they hit their targets, maintain-

ing becomes much easier.

Dramatic Results

The dramatic results of the Fit Factor competition in The Journal a few years ago, which gained national press, proves working with a professional and people with like minded goals makes a big difference.

At the end of each session we would discuss how each individual felt, what foods were working best and bounce different ideas to help each other along. No one wanted to

If you want to make changes, its not about finding the time to exercise and eating well, it's about making the time

Motivational quote of the day.

let me or the group down and they all stayed 100% committed for the full 12 weeks, ending with a staggering combined weight loss between all eight of 32.5 stones.

Routine

We can all find excuses not to train or to make changes, but where will that get you? It's all about making time for your health and finding a routine that fits into your lifestyle.

I have many clients who have been training with me for over 15 years and still have the same time slots ever week. They have embedded the training into their lives and it works.

Making training cost effective

Putting your trainers on and run/walking with a friend outside will cost you nothing, it's all about encouraging each other in a positive way and making it time and cost effective.

Personal training is not as expensive as you think if you are sensible. Why not look to book a session once a month to complement your train-



ing? Together you can set goals and seek advice for the following month. You can also have all your body composition statistics and food analysed to keep you focused.

Bootcamps are another way of supplementing your training and keeping your cost down. My Beach Bootcamps on the stunning Tyne-mouth Longsands are pay as you go and run all year. We also run classes

in my newly built Outdoor Gym - visit my website (www.davidfairlambfitness.co.uk) for information.

Work, children plus a million and one things that need doing often mean you neglect your own health and wellness. Make 2019 the year to change your life, look and your day to day lifestyle. If you really want to make changes, you will always find the time.