



## David Fairlamb

# THE FIT FACTOR

### FITNESS TIP

Mix up your training and find ways to be more efficient and effective to gain the most out of each session.

### LIFESTYLE CHANGE

Why not challenge yourself more? it always gives you a sense of achievement to push yourself out of your comfort zone and try something new.

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► Embrace strength training - it has lots of benefits

**M**IXING up your training and finding ways to be more efficient and effective to gain the most out of each session is something you should look at regularly.

It's too easy to stay in the same routine and comfort zone. Training hard and consistent is key but it is also important to train smart.

Whether you're a seasoned gym user or new to fitness, here are some workout tips to mix your fitness up and give you that extra bit of motivation:

#### Go to the gym with a plan

Have a plan of action for your workout, be prepared and ready. This keeps you fully focused and saves time. Knowing what exercises you're going to do, where you're going to do them, and in what order is a huge motivator. Sticking to the plan will up your intensity and once completed the feel good factor will kick in.

#### Motivational Playlist

Work out to songs that make you feel strong, powerful, and keep you motivated. Upgrade your ear buds for better sound and comfort. Good tunes will help to up your workout tempo.

#### Ditch your phone

Place your phone on airplane mode - there-

fore you can focus 100% on the workout you planned with zero interruptions. Too many people are sidetracked by texts or emails that can affect concentration and therefore your overall quality of the workout.

#### Embrace Strength Training

Strength training has huge benefits for your health and fitness. If you have avoided the weights in the past maybe its time to rethink. Strength training improves your bone density, which is important to prevent fractures and osteoporosis. It also prevents against age related muscle loss - the natural decrease in muscle mass that happens as you age. Although many people associate cardiovascular exercise with heart health benefits, research shows that strength training also helps keep your heart healthy by lowering your blood pressure and improving cholesterol levels.

#### Cut down your rest periods

Cutting rest periods between exercises means you're upping the intensity of your

workout and keeping your heart rate high. Of course you need to sensibly judge how you feel, but pushing yourself out of your comfort zone will help your fitness progress quicker and help you burn more calories.

#### Do workouts you enjoy

Finding a workout you like is key to looking forward to your session. Vary your speed, number of reps, overall or rest time to mix things up and keep them fresh.

#### Master foam rolling

Foam rolling is an excellent way to improve your range of motion, so you can get more out of your workout. It's a form of self massage and increases circulation, helping relieve tightness which also cuts your chance of injury. Better circulation means a better range of motion and more effective body movements.

Foam rolling before a workout is a good habit to get into and will aid your workout.

#### Incorporate Compound Exercises

Compound exercises recruit more than one muscle group at once and help you get more done in less time. They are perfect for increasing overall muscle mass while also burning more calories because they require more energy output, for example lunges, squats, press-ups and chin-ups.

*A one hour workout is  
4% of your day*

**Motivational quote  
of the day**