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THE FIT FACTOR

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

THE festive season may already have had an impact on your lifestyle and in many cases your waistline.

Why not buck the trend this year and rather than making those drunken promises that you will probably have forgotten by the morning or had no real intention of engaging in anyway, by making positive decisions now to improve your health and have them in place to kick start 2019.

Maybe this is the year to actually be prepared to do things differently, change your lifestyle, engage in healthier eating and make those small everyday differences that over the coming year could lead to dramatic positive changes.

Here are my thoughts why and how you can you buck the trend in 2019?

A Goal in Mind

Without a goal in mind 75% of resolutions fail, its that simple. Short term goals, for eg lose 4lbs one month, then 3lb, etc, will help keep you focused. Entering an event in 2019 will help hold your focus eg a10k run, obstacle course or Great

FITNESS TIP

Keep your training ticking over in December this will keep you feeling good and help clear your body of unwanted toxins during the festive period. Remember consistency is the key, you do not want to feel you are starting from scratch in January.

North Walk, find something that is suitable for you and stick with the inevitable training plan that comes with it. We all become more in tune and motivated with a fixed routine.

Seek help

Avoid making rash unrealistic

Set your intentions for the year ahead – those who plan achieve

Motivational quote of the day

goals at New Year. I'm writing this now so you have time to think and plan a way forward for next year. If you are serious about changes in your lifestyle to improve your wellbeing, plan it properly and think

about seeking help to guide you towards success.

The Right Time?

Is New Year the best time to make changes? In my experience, it's NOT. Only make changes when you are feeling positive and ready to focus, the time of year is irrelevant. Start now - why not?

No Pressure

There often seems to be unnecessary added pressure by yourself and family to make life changing decisions at the beginning of the year. It's good to discuss ideas - however starting a regime and failing because you weren't ready could have such a detrimental effect that

you give up on the idea altogether.

Patience

Many people look towards their summer holiday as a goal to look and feel their best.

This is perfect because it gives you some time and a real positive short term focus.

You can start to make small everyday changes with your food and exercise in the months leading up to the summer.

Sustaining these changes over a few months will help form new habits which you can look to implement permanently into you lifestyle.

Change your thought process towards exercise

Exercise is not all about training as hard as you can, lifting as heavy weights as possible and racing against others. There are so many different types of classes you can try, think about what suits you best and

LIFESTYLE CHANGE

Plan now what you positive changes you are going to make in your lifestyle for 2019, relax and enjoy the festive season knowing you are fully committed in 2019.

feel you would look forward to, rather than dread.

All our sessions at DF Fitness are designed to suit all and there is no competition

except you against you and achieving what you want. Of course the goalposts will change when you have hit your first challenge and focus on the next.

It's not always about giving something up

Your resolution can be to start something new in 2019, eg pottery class, Bootcamp or salsa dancing. Look to do something that is fun, constructive and you will look forward to.

This will help make you feel good and lift your mood and self esteem.

Make your plans now and you will enjoy December much more knowing you have already planned your new challenges for 2019.