



## DAVID FAIRLAMB FIT FACTOR NEW YEAR SPECIAL

# The year you can change your life

Every Saturday, Tyneside fitness expert DAVID FAIRLAMB has been passing on tips to readers. Here, he advises on how to start 2019 in the right way – and keep up the good work

**M**AKE 2019 a year to be inspired! If you can take one thing forward and remember this year, it is that you can't out-train a bad diet.

Sweep all the years of empty promises aside, take responsibility for yourself and remember only you can make those positive lifestyle changes. They can not only change your year, but also your life.

We seem to be in a culture of blaming everything and everyone else for the size of our waistlines and our bad habits, but ultimately there is enough knowledge and information to know what is healthy and what you need to avoid. It's all about making small daily changes and having the discipline to keeping them going. If you want it badly enough you will do it.

This year find inspiration from someone or something that will keep you focused, then keep that thought at the forefront of your mind, especially if times become tough:

■ Do it for your child or loved one, prove you can turn your life

around and make them proud of you.

■ Think of a truly inspirational movie which made you feel motivated, watch it and keep that feel-good feeling with you as you go on your journey.

■ I'm sure you know someone who has inspired you. This year turn the tables, make those health/fitness/weight loss changes and you become someone's inspiration. What a feeling that would be – and it's all within your grasp.

■ Read a book or watch a documentary about someone who pulls through adversity. Feed off that emotion and use that energy to inspire you to change your life. There are always people worse off in life and sometimes its good to have a reality check.

■ Remember you may have put your health at risk due to your lifestyle – but you have a choice to turn it round.

■ Be positive this year and remember you can turn your life around, both physically and mentally in a matter of weeks. Believe in yourself and make those changes stick!



David Fairlamb's weekly Fit Factor column returns on Saturday, January 12

## TOP 5 TIPS TO STRIP OUT BODY FAT AND LIVE A HEALTHIER LIFE

MAKE 2-3 daily changes to your food and exercise and it's job done – it is that simple.

You have to take responsibility and keep the consistency going. In my 22 years of being a personal trainer this advice, when done correctly, has never failed.

■ Ditch all refined sugar and be aware how much you are eating each day. Cut four teaspoons out per day and you will save over 1,500 spoonfuls per year. Remember our daily allowance as adults is seven teaspoons a day.



■ Move more, it's not rocket

science but the more you move the more you burn. Sitting during your lunchtime at work then sitting all night in front of the TV is not going to help your weight. Get out and walk. Make that commitment and stick with it. To make changes you have to implement them – it doesn't just happen.

■ Two glasses of wine per day is over 110,000 calories a year – that's over 30lbs of fat. If you want to change your waistline you have to show commitment and pull right back on alcohol. You can soon see how it all adds up.



■ Eat less. Most people eat far too much food. Cut your portion sizes down. Aim to have more protein-based foods with vegetables or salads. Fresh natural food is what are bodies are designed to eat, this is the type of food you need to be eating.



■ Exercise smart, mix your training up. If you train regularly supercharge your metabolism by raising your heart rate through interval training, lift weights and train outside. Your body can do way more than you think. Move forward with your training, you will feel better for it and at the same time burn more calories. Those who

are looking to start a fitness regime seek help and get the guidance you need to maximise your results.

If you can pull back on your daily sugar, move more every day, cut your portion sizes, eat fresh natural foods, drink less alcohol and add some specific weight loss exercise in your week, can you imagine how many calories you will be saving and burning. You could look completely different in a matter of weeks.

Be inspired, make these small everyday changes and relax because you can't do any more – the results will just happen.

Happy New Year to you all and get your game face on in 2019!

