



David Fairlamb THE FIT FACTOR

FITNESS TIP

Mixing your training up or working in a group stops your training becoming stale and helps you retain focus.

NUTRITION CORNER

Consistency in your training and life will promote results. Commit to a training regime and make it part of your life.

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



WE have new clients who come to see us today in their 40s and 50s who have never exercised.

Even during their school days they managed to produce a note excluding them from PE. This means they have never experienced the feel-good factor of exercise for both their mind and body.

Even those who used to train up to their mid-20s before re-igniting themselves in their 40s have forgotten how good they can feel and the positive impact it has both in short and long term.

Here are just a few of the positives:

- That sluggish feeling disappears and you become instantly more alert;
- Sleeping patterns improve;
- It helps strengthen your immune system;
- Your energy and zest for life returns, therefore you achieve more during your day;
- You become stronger and therefore your overall posture

improves;

- You look better and feel fresher as you eradicate toxins from your body;

- Training and pushing your body promotes better focus and discipline in your life;

- Exercise helps you build more confidence and self esteem;

- If your children see you training they are more likely to follow suit and keep the habit going;

- Exercising often gives a natural progression for you to become more healthy and aware in other parts of your life, e.g. following a healthier diet, drinking less alcohol and smoking less, promoting

better well-being;

- Studies have shown exercise can help control addiction and help the body return to a normal routine and sleeping patterns;

- Last and definitely not least, exercise promotes hormones in your body which create feelings of happiness and therefore make you more positive. In fact studies show exercise can alleviate symptoms of depression.

These are just a few examples and I haven't even touched on the health benefits, which of course are enormous.

Is it time for you to restart exercising or start appreciating the benefits of exercise? It's only when you are unable to train due to illness or injury that the true impact of not been able to exercise hits you.

As long as you are able to exercise, you need to make a huge consistent effort to do something, the benefits are endless and ultimately will help you keep a good physical standard of life, for longer.

Those who do not find time for exercise will need to find time for illness

Motivational quote of the day