



David Fairlamb THE FIT FACTOR

FITNESS TIP

Regularly change your, times, speed, resistance, rest times and type of training. This will keep you motivated and focused on new targets.

LIFESTYLE CHANGE

Some unhealthy habits may have been there for a lifetime. Fine – that's done, but it's never too late to change them.

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

IT'S one thing to make the decision to change your lifestyle in order to reignite the feelgood factor and achieve the body shape you desire. It's another to know you are doing the correct things to achieve this.

Most people have no idea how or where to start, with both their food and exercise. Here are just a few ideas to kick start you to a healthier few months towards the summer:

- Go through your cupboards and put all biscuits, cakes etc into a bag and get them out the house. This will stop temptation. Rather than throw them away why not donate them to a good cause?

- Make a positive decision to avoid any soda drinks, eg coke, lemonade or energy drinks. These are laden with sugar and are dangerous for your health, never mind your waistline.

- Rather than eating a sandwich and crisps at lunchtime, try taking a lean meat or fish salad into work. If you want to make changes you will need to put more effort into your organisation. Removing bread and snacks at lunchtime will consist-

ently cut the amount of calories you are eating each day and will have a big impact over the coming weeks.

- Buying, rather than making a salad at lunchtime will mean it's often accompanied with a sauce or dressing. Although you may think you are eating healthily the sauce may increase the calories to more than your original sandwich and crisps.

- Increase your portion sizes by adding more protein. You may raise your eyebrows at this but as long as the food is natural and healthy, it will keep you fuller for longer, therefore avoiding unhealthy snacks later in the day.

- If you are in a habit of snacking

Winners are not people that never fail but people who never quit

Motivational quote of the day

after your evening meal eat half your meal at the usual time then the rest later at a time you would normally reach for a snack.

- Keep drinking plenty of water to keep you feeling full and hydrated.

- Eating minimal amounts of food for days and being constantly hungry, hoping your weight will drop, is wishful thinking. In the end you may well feel awful and your metabolism will probably slow down, meaning you will end up storing more fat in the long run. Being consistent works, quick fixes don't!

- If it's body shape, weight loss and general fitness you are looking for then short, sharp quick workouts are the perfect way to train. Over-training to compensate for a bad diet often works in reverse. Y and remember, you can't out-train a bad diet.

- Vary your speed, pace, rest times, type of training and amount of training. Your body will get used to the same type of training. If you want results, progress your sessions and mix it up, it also stops the



> Drink plenty of water to feel full and hydrated

monotony of repeating the same workouts.

- Doing hundreds of stomach exercises per day will not make your stomach flat, stripping the fat off through a healthy diet will.

- If who are looking to improve the look of your arms, make sure you work the back of your arms (triceps) as much as the front (biceps). Again

you need to pull your body fat down first to really see a change in shape.

- Working big muscle groups such as legs and bum will help supercharge your metabolism. Squats and lunges in their various forms work very well.

- Stay positive, be patient and keep strong, remember the results are in your own hands.