



## David Fairlamb THE FIT FACTOR

### FITNESS TIP

If you walk each day for health but would like to improve your fitness level, try a slow run which might be just slightly quicker than walking. This will increase your heart rate and improve the strength in your legs. Running doesn't mean you have to start sprinting, it's all about what you are looking to achieve.

### NUTRITION CORNER

Rewrite your shopping list and try to replace high sugar or fat-laden foods with healthier alternatives. To make positive changes you need to break bad habits and it starts with what you buy.

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

**P**REPARATION plays a huge part in eating well on a consistent basis.

If you are surrounded by microwavable unhealthy processed food you are not going to make any positive changes to your health or waistline. Breaking these habits is easier than you think and it starts with changing your shopping list.

Take time to rethink what you are buying and eating regularly - do they need to be replaced with a healthier alternative or taken out of your diet altogether?

Once you have the correct food make your life easier and be organised by pre-planning your meals and structure your week.

Those who don't plan tend to either snack on rubbish or avoid eating at all, both can be detrimental to your weight and health.

Here are a few of my tips for better preparation:

■ Make sure you have a cooked joint of meat, eg chicken, beef in the fridge. This saves time as you

can quickly cut a few slices and by adding a large portion of vegetables or salad, will give you the perfect healthy meal. There should be enough meat for a few meals and will save you the time and effort in preparation.

■ Prepare a large amount of home made soup. Add lean meat, eg chicken, and vegetables. Therefore you get a combination of protein and vitamins and minerals, this is very healthy and can be used for a starter, main meal or snack.

■ -Take your own lunch to work - the best way to prepare your lunch is to cook too much the previous evening, add a portion in to a tupperware box and you

*I totally regret eating healthily – said no one ever*

**Motivational quote of the day**

are sorted. Take some fruit, eg apple or pear, and you have a healthy lunch. Buying salads and sandwiches at work isn't ideal as they are often full of unhealthy sauces. Taking your own food gives you piece of mind of knowing exactly what you are consuming.

■ Always have plenty of eggs available, they are ideal to fill you up and can be cooked and prepared in many different ways. Adding plenty of healthy ingredients eg tomatoes, mushrooms, peppers, rocket, chicken, ham, onion etc into an omelette, I feel, is the perfect breakfast and keeps you away from any sugary cereals.

■ Chop vegetables and fruit ready for your week ahead. When refrigerated properly in a sealed bag or tupperware box they can last up to five days.

Using these example will leave you with no excuses, all it takes is willpower and consistency and you will soon see changes in your waistline and in the way you feel.

