



David Fairlamb THE FIT FACTOR

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

DAYLIGHT hours are getting longer and the thought of attending a stuffy gym becomes further and further from your mind. It's around now that panic sets in as your holiday is only a couple of months away and all the resolutions, gym work and sensible eating that you promised yourself through the winter, once again, has ended in the same result.

This will ring true for many people. The good news is it's never too late to make changes and here are a few ideas to get you motivated and scorch some calories in the great outdoors this summer:

■ **Stairs** - find some steep outdoor stairs and after a good warm-up - power up or a quick walk, depending on your fitness level and walk down as a recovery. Repeat 6 - 12 times. A brilliant heart rate and fat burner workout.

■ **Beach/Grass sprints** - Try to find a flat joint-friendly surface with a bit of give - for example, beach or grass. Mark around 40-80 metres and after a decent warm-up, work on your speed with short sharp sprints, walk back as your

recovery. Look to complete 10-20 times

■ **Lamp posts** - Seek a good route that has regular lamp posts, focus on your speed and technique for two lamp posts, followed by a slow jog for four. This type of training keeps your heart rate high throughout the session and, as you never fully recover between the sprints, is excellent for endurance as well.

■ **Paddle Boarding** - A great form of exercise and is becoming more

and more popular. This is excellent for increasing core strength, balance and is surprisingly tough on your breathing when you really go for it! Of course being out on the water also gives you a great sense of freedom and will leave you invigorated.

■ **Beach Bootcamp** - My Tynemouth Beach Bootcamps are hugely popular and cater for all ages, sizes and levels of fitness. There is no competition with anything we do as everything is geared on a set time, therefore you can work as hard as you feel. Of course the sheer beauty of Longsands makes it one of the best places to train in the North East.

Exercising outdoors makes you feel fantastic as it boosts your levels of the feel good brain chemical ser-



otonin, giving you more energy and motivation. Studies also show those who train outdoors workout for longer. Factors such as varied terrain and wind resistance also play a part in improving your fitness and burning

more calories.

With the North East boasting some of the most beautiful beaches, countryside and parks in the country, you are spoilt for choice for new places to train.

There are 1,440 minutes every day, that means we have 1,440 daily opportunities to make a positive impact

Motivational quote of the day

LIFESTYLE CHANGE

During the summer months why not change the associating of just sitting in front of the TV every night. If you are looking to change the way you look and feel, use the great outdoors and get yourself out in the fresh air and do some exercise. It will make you feel much better and more positive.

FITNESS TIP

Core exercise does not just mean your stomach - it includes your pelvis, lower back, hips and abdomen. Strengthening this area will lead to better balance and stability whether in sport or just daily activities. Make sure you concentrate on keeping this area strong.