



David Fairlamb

THE FIT FACTOR

FITNESS TIP

Many people hold tension in their neck and shoulders. This is often intensified as you train and can impact your workout, technique and posture. For maximum results, stay as relaxed as you can and hold good technique throughout.

LIFESTYLE CHANGE

Exercise has a hugely positive effect on how you feel and will help build your self confidence. Give yourself an endorphin boost by exercising outside, you may have forgotten how good you can feel.

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

EXERCISE is the perfect tonic to make you feel happier and increase your energy levels.

The monotony of your day to day routine can sometimes leave you feeling deflated and listless.

On days like this, where energy seems low, the last thing you want to do is exercise, but this is exactly the time you should be exercising and getting a boost of the feel-good chemical that makes you happier.

When you work out and stay active on a regular basis, it's not just a coincidence that you feel less stressed, less anxious and generally happier...

I have many clients who train before big events in order to feel more positive, alert, happier or for a quick confidence boost - here are just a few examples:

■ An important meeting before work, once they have trained they go to work feeling

more alert and positive;

■ An exam - I have children who train in the morning, especially at the moment, so they are much more alert and ready for their exam;

■ If clients are going through a difficult time eg a relative is ill or problems at work, training helps keep them mentally strong and able to deal with situations much easier;

■ Insomnia - training helps regulate sleeping patterns, this is a common issue and training has a real, positive effect with my clients;

■ Moving house, getting married and divorces are said to be some of the most stressful

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times in our lives. Many clients often decide to train more during these times in order to alleviate their stress and it keep them feeling positive;

■ Many businessmen and women like to train first thing in the morning because they know they are much more efficient throughout the rest of the day;

■ The most common reason is that exercise gives a real sense of well-being, achievement and self-worth on a consistent basis;

■ Those who do exercise regularly know how big a part it plays both physically and mentally in every aspect of their life;

■ With moving into the summer months already having a positive impact on many people's moods, why not venture out in to the fresh air and give yourself another endorphin boost by exercising? You may have forgotten how good you can actually feel.

