



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

Look to surround yourself with positive people, this will help boost your self-confidence and help you push forward and enjoy life

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

EXERCISE is one of the most effective ways to improve your mental health.

Regular exercise can have a profoundly positive impact on depression, anxiety, stress, ADHD, and more. Increased activity levels have been linked with improved cognitive functioning, better mood, lower incidence of mental illness, higher self-esteem, a sharper more focused mind and better sleep to name a few.

The good news is, you don't have to be a fitness fanatic to reap the benefits, research indicates that a modest amount of exercise can make a difference. No matter your age or fitness level, you can learn to use exercise as a powerful tool to feel better.

While exercising, your body releases chemicals called endorphins. These endorphins interact with the receptors in your brain that reduce your perception of pain. They also trigger a positive feeling in the body and depending upon the intensity

you can experience feelings of euphoria for two to three hours and a wellbeing mood boost for up to 24 hours.

When you are not active or exercising, you can also practise maintaining a positive mindset as it can enhance the quality of your life and longevity. Counterbalancing negative thoughts and feelings, however, takes practice. The stresses and pace of modern-day life often means you don't create the time to exercise your mind... but the benefits in doing so can vastly improve your outlook on life.

There is so much you can do to help you think more positively:

- Start your day with some form of exercise - our Beach bootcamps run four mornings a week on Longsands, Tynemouth! Taking in the incredible sea view at Tynemouth is an amazing way to kick start your day;
- Surround yourself with like-minded, positive people who make you feel good about yourself;
- Learn to switch off the inner voice that says you can't or shouldn't or you're not good enough. We can all be guilty of paying too much attention to the negative things we tell ourselves;
- Read positive material before going to bed and, when you wake up, this will set your mind up in positive mood for the day

and soon becomes a habit to think that way;

■ Be mindful of all of the good things around you. Focus on what you have and be grateful.

It's often the small regular things we do that can make the biggest positive impact to our life.



FITNESS TIP

Exercise can help you in many forms, not just fitness. Use exercise to clear your head, refocus and enjoy the endorphin rush. This will ultimately help you feel stronger, both physically and mentally

Toughness is in the soul and spirit, not in the muscles

Motivational quote of the day