



## David Fairlamb THE FIT FACTOR

### FITNESS TIP

Add training outside to your weekly routine – the benefits both physically and mentally can be huge. Training in a group can also help push you that little bit more and promote your self confidence. Greater social interaction can also lead to a more positive outlook

### NUTRITION CORNER

Look to change your habits to include spending time outside, eg eat your lunch outside, walk to and from work or add an evening walk to your routine. This should collectively add up to your two hours outside which can help you feel healthier in body and mind.

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

**T**HE physical and mental health benefits of time spent in parks, woods or on the beach are well known, but new research is the first major study into how long is needed to produce the effect.

Two hours in nature could join five a day of fruit and veg and 150 minutes of exercise a week as official health advice. This is based on interviews with 20,000 people in England about their activity in the previous week.

Of those who spent little or no time in nature, a quarter reported poor health and almost half said they were not satisfied with their life, a standard measure of well being.

In contrast, just one-seventh of those who spent at least two hours in nature said their health was poor, while a third were not satisfied with their life.

The benefits of a two-hour dose were the same for both young and old, wealthy, poor, urban and rural people, It also applies to those with long-term illnesses and disabilities. This proves it can benefit us all and it doesn't matter whether the two hours is in one go or over several shorter visits.

The study did not attempt to find out why being in nature was so beneficial. It could be the fact that you are exercising or

*Fill your lungs and  
clear your mind*

**Motivational quote  
of the day**

down to the sense of tranquillity away from the challenges of our day-to-day lives, giving you a chance to relax and process your thoughts.

We have a triple positive impact at our Tynemouth Longsands Beach Bootcamps. The setting has to be one of the best places to train in the North East, the amazing feel good factor of being out in the fresh air and open space by the sea plus the endorphins from exercising. It's the perfect combination which is why it is so popular and our clients leave hugely invigorated.

How can we get our two hours a week?

Breaking it down, it's only about 17 minutes a day and with the summer nights at their peak I'm sure we can all find time to step outside and take in fresh air.

Whether it's sitting on a bench at your local park or taking a hike in the countryside, its definitely worth making time, especially knowing it can help you feel healthier in both body and spirit.

> David Fairlamb's beach bootcamp on Tynemouth Longsands

