



David Fairlamb THE FIT FACTOR

FITNESS TIP

Intensify your outdoor walk or run by adding steps or hills into your routine. As you improve, add more repetitions or increase your pace over a shorter number. You will soon see a big improvement in your fitness and leg strength.

NUTRITION CORNER

Only you can make the changes needed to help your lifestyle and wellbeing. Seek help and make those changes happen.

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

THERE is no getting away from it - losing weight and living a consistently healthy lifestyle takes plenty of thought and - of course - discipline.

How can you make it easier for yourself, lose and maintain your weight and reach a point in your life where healthy becomes the norm?

I could list all the usual reasons that you read in every weight loss article or blog, but I'm only going to talk about one - train with someone or in a specific group.

Training on your own and being able to stick to a high level of commitment on a regular basis is extremely tough. However, being accountable with both your fitness and diet will lead to quicker results.

Personal Training/body transformation groups

My personal training clients and six-week body transformation groups are accountable with their food every week and they have their body statistics taken every two weeks. This holds their focus and once they have hit their fitness and

body fat targets, maintaining becomes much easier.

Dramatic Results

The dramatic results of the Fit Factor programme proves working with a professional and people with like minded goals makes a big difference. At the end of each session we would discuss how they felt, what foods were working best and bounce different ideas to help each

If you want to make changes, it's not about finding the time to exercise and eating well, it's about making the time

Motivational quote of the day

other along. No one wanted to let me or the group down and they all stayed 100% committed for the full 12 weeks, ending with a staggering combined weight loss between all six of 22.5 stones.

Routine

We can all find excuses not to train or make changes, but where will that get you?

It's all about making time for your health and finding a routine that fits into your lifestyle.

I have many clients who have been training with me for over 15 years and still have the same time slots every week. They have embedded the training into their lives and it works.

Making training cost effective

Putting your trainers on and training with a friend outside will cost you nothing, it's all about encouraging each other in a positive way and is time and cost effective.

Personal training is not as expensive as you think if you are sensible. Why not look to book a session



once a month to complement your training. Together you can set goals and seek advice for the following month. You can also have all your stats and food analysed to keep you focused.

Bootcamps are another way of supplementing your training, my Beach Bootcamps on Tynemouth Longsands are pay as you go and you

can train up to six times a week, if you wish.

Work, kids and a million and one things that need doing often means you neglect your own health and wellness. It's maybe time to step back, take a look at your day-to-day lifestyle and if you really want to make changes, you will always find the time.