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THE FIT FACTOR

LIFESTYLE CHANGE

We all have to start somewhere, things do not just happen. Only you can make those changes and improve your health, self confidence and wellbeing. Many of you may have forgotten how good you could feel.

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

IT was amazing to see England tear New Zealand apart with a phenomenal and inspiring performance. As I write this, history beckons and I can only hope you are reading this on Saturday after England have defeated South Africa to become world champions.

I love to see teams and individuals, at any level, push all boundaries to hit their goals and prove to themselves and those around them, that everyone can do extraordinary things. Like the rugby you need patience, commitment and a huge heart to see things through to the end.

Of course when you are playing for England those around you means the whole country. The feel-good factor in my gyms and Bootcamps due to the success of the

Blood, sweat and respect – the first two you give, the last one you earn

Motivational quote of the day

England Rugby team has been incredible this week and I've used it as a motivational tool to re focus many clients.

If you are looking to change your life for the better, improve your health and wellbeing, lose weight, build self esteem, positivity and improve your life expectancy then be inspired by the huge commitment and focus of this incredible rugby side.

Things do not just happen, you have to put the hard work in, just like this England side has done for the last four years.

Here are a few things this team had to do that you could try to mirror in your life:

- Set a plan
- Set short and long term targets
- Build bit by bit
- If things are not working as well as you thought, change them
- Be patient
- Give full commitment
- Never give up
- Seek help if you need to
- Concentrate on you, not what others are doing
- Work on consistency and what you know works for you



- Always be positive, you will find a way
- Never lose sight of what you want to achieve
- Do not stop until you hit that ultimate goal

For the past 23 years I have loved

helping ordinary people do extraordinary things, this is what keeps me motivated! Be inspired by England this weekend and look to make some of your own positive lifestyle changes which could be life changing for you.

FITNESS TIP

Be inspired to work harder with your training. Look at the level of commitment England rugby players have learned to reach – it becomes a mindset. Try to work on yours