



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

Do not be complacent – plan for your future now by forming healthier, positive lifestyle habits. This way you will be able to continue doing the things you enjoy in life for longer.

FITNESS TIP

At all times, especially when you are tiring during a workout, make sure you hold your form and technique. If you are not sure, ask a trainer or check your form in the mirror. It's far better to perform 6 exercises properly than 60 incorrectly.

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

ALTHOUGH overall life expectancy has been rising in recent decades, the years spent in good health has changed. Living a healthy lifestyle in middle age can double an individual's chances of being healthy at 70.

These statistics do not make easy reading:

- 40% of deaths are related to lifestyle
- three out of four men and two out of three women aged between 45-64 are overweight or obese.
- Two-fifths of those aged between 45-64 are living with an illness.
- A third of men and half of women do not get enough exercise.
- Only a quarter of adults eat the recommended portions of fruit and vegetables per day.

For many people, unless you change your ways the risk of dying early is high or face retirement struggling with ill health.

The good news is this can be recti-

fied very quickly by making some sensible lifestyle changes that will not impact too much on your life.

There are the big obvious changes that I'm sure many of you have heard a million times and yes, they do work and it's important you make some changes. The extent of those changes is down to how big and quick a change you are aiming for, it's easy to say you will do them but you need to implement them into your lifestyle therefore they become habits. Here are a few ideas to help you make a start:

- Exercise for 30 seconds an hour per day, yes 30 seconds!
- That equates to 12 minutes exercise per day. I would challenge anyone who can't find that time.
- From now on always take the stairs and try to run up them, avoid lifts and escalators.
- Try to add some running into your daily dog walk, it doesn't need to be quick, you can even run at

walking pace.

■ Buy a pedometer/fit bit/Nike band which monitors your steps. Aim for 10,000 per day, this will keep you focused. If you have only managed 8,000 by the evening, it will challenge you to go outside to finish the steps rather than lie on the couch in front of the TV.

■ When you are on your mobile, instead of sitting and talking, try walking around. This can add a huge number of steps to your day.

■ Preparation is the key, add more fruit and vegetables to your shopping list, double your protein, not your carbs, and buy smaller plates to eat from. These small everyday changes can make an immediate impact on a weight loss routine.

■ Walk/cycle to and from work if it's possible. If your lunchtime is short, even a 12-minute walk per day, will get your 30 seconds an hour in and your calorie-burn will soon add up over weeks and months. Before we know it, Christmas will be here and you will have wished you had started today.

■ Seek out a challenge - there are many different challenges/events



> As a family, try activities like walking

around the North East to suit everyone, choose one that suits you, this will give you a huge incentive. Seventy-five per cent of you that start a fitness/diet regime without a focus fail.

■ As a family, try new activities, eg volleyball, tennis or go for a walk and get some fresh air.

■ We run specific small group classes, max seven people, which incorporate everything you need for

total wellbeing. They are popular because they work and we look after you. If you are not sure where to start, this will give you 100% confidence and self-belief in what you are doing. As you get older being mindful of your health becomes much more important. Improving your day-to-day lifestyle can not only put years on your life but dramatically increase your quality of life too.

No matter how slow you go, you are still lapping everyone on the couch

Motivational quote of the day