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THE FIT FACTOR

LIFESTYLE CHANGE

When you learn to push out of your training comfort zone, you become mentally stronger not only in the gym but also in day to day life.

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

WHEN you are exercising, whether it be a walk or a hardcore workout, the principle of the way you think or approach your routines can keep you consistently motivated.

Here are a few tip to help you modify your workouts and to stay positive during your sessions.

- Plan a short sharp workout, make sure you work hard and keep the intensity high throughout. A 30-minute workout, after a warm up, will leave you buzzing, with time to get on with your day.

- If you are feeling slightly jaded, pick a routine that you really enjoy, your mindset will quickly reset to positive and boost your feel good energy levels.

- Work at a quicker pace to your norm and learn to drive harder and push yourself that little bit more. This will give you a huge sense of achievement and leave you wanting to improve further.

- Put your favourite piece of

Let exercise be your stress reliever, not food

Motivational quote of the day

music on repeat, this will inspire you to move up a gear, helping your performance.

- A combination of cardio and strength session can help break the monotony of a long workout. Mix things up, its all in the planning.

- Use one session to specifically check your technique, if you are not sure, seek help. 10 strength exercises executed correctly is much safer and more effective than 30 incorrect. This will improve performance and isolate the muscles you are trying to tar-

get - yet another motivator for you.

- Finish the workout you set! Skipping the last three seconds of an interval or the last three reps of a set means it's only you missing out and may lead to bad habits.

- While working out aerobically think about something happy and positive - this will help take your mind off the toughness of the session. If your mind stays strong your body will respond.

- If you are struggling through a workout, think about a sporting event that inspired you. This will help re-ignite your energy in order to complete your session.

Everyone has their own individual way of being inspired or motivated. Try to find something that works for you, this can be great tool, not only with exercise but anything in life. We all need a boost from time to time and in many cases it doesn't take much to become more positive in the way you think.

FITNESS TIP

Have that power song ready to play at any time during your workout to give you an extra boost of energy. This will help push you towards a strong finish

