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THE FIT FACTOR New Year Special

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

10 points for your 2020 vision

DO you have a clear 2020 vision for your health and fitness this year and into the future?

It's finally time to make those dreams and wishes come true but also look into the future by starting to embrace consistent healthy habits which will promote longevity.

In other words, a clear vision of your health now and into the future.

Anyone can talk a good game but if you are serious about losing weight and living a healthier lifestyle you need clear objectives, an action plan and, of course, self-discipline.

The obesity crisis has affected us for years and, with the government making little impact, we now need to take much more responsibility ourselves.

Here, in my opinion, are the top 10 areas to target to keep you on track and make this year the most positive year of your life.

Check your sugar

Genuinely research how much sugar you are consuming per day - I believe sugar is the number one cause of obesity in the UK, which is why I call it white death.

Our recommended daily sugar allow-



> Exercising in a group can help you keep your focus and drive you towards hitting targets

ance is seven teaspoons - 28 grams per day. I would say the majority of you will be over this. Check your intake and change it.

Seek help

Start the year as you mean to go on - seek help to put yourself on the right path from day one. At DF Fitness we cover every part of health and wellbeing and have over 20 years of continued success.

Change your Shopping List

80% of weight loss is down to your food. Therefore it starts with your shopping list. If the right foods are at hand in your house eating consistently healthy becomes much easier. Ditch the processed and refined sugar-rich food and look to replace them with natural fresh alternatives.

Preparation

Being prepared by cooking batches of food for the coming days or having a joint of meat ready in the fridge to carve will make things much easier. This will save you time and you are also less likely to reach for something unhealthy.

Exercise in a group

Research shows training in a group helps both physically and mentally. The camaraderie and

> 80% of us reach for a snack when in fact we might be thirsty



support within the group will help you keep your focus and strive towards hitting targets. Others in the group can inspire you to push harder during the session, increasing your self-confidence and leave you in a more positive frame of mind.

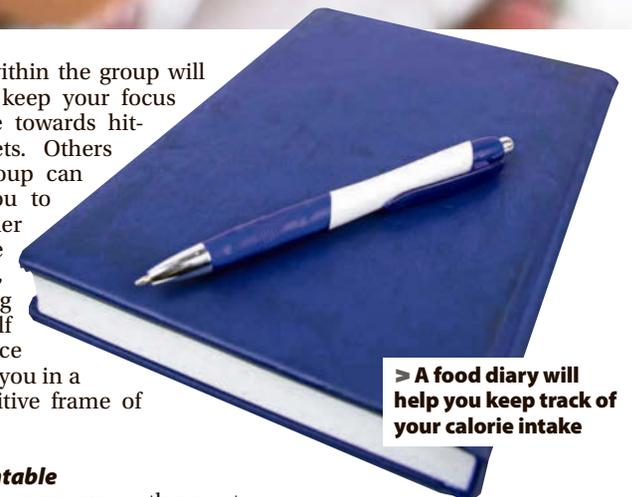
Be accountable

Having someone there to account for your food and exercise is hugely incentivising. We check the body composition of all clients in all our small group sessions every two weeks. Short and long-term accountability keeps you fully focused on your targets.

Smaller plates

Buy smaller plates. It's simple, you will eat less and over a period of time your waistline will obviously benefit as you are consuming fewer calories.

> A food diary will help you keep track of your calorie intake



Food Diary

Research shows those who keep a food diary lose up to three times as much weight than those who don't.

You can also write down how you feel after each meal. Some foods will suit you better than others.

Have two evening meals

If you tend to snack late in the evening, try to have half your evening meal at the usual time and finish the other half instead of your unhealthy snack later.

Drink water

80% of the time you think you are hungry, you are in fact thirsty.

There is also a correlation between drinking water and weight loss.

Look to consistently drink 2-3 litres a day - this will keep you feeling full and is the secret to good health, more energy and great skin.

Make 2020 the year you regained your shape and focused on your health for the future.



> Cooking in batches will save time and stop you reaching for something unhealthy. While you're at it, serve up on smaller plates