



David Fairlamb

THE FIT FACTOR

2020 – a year to regain your fitness, shape, self-confidence, self-esteem and in many cases happiness. Make those changes now and you could be transformed in a matter of weeks.

Making small everyday changes that are consistent, sustainable and become habits, can be life changing both in the short term in the way you look and feel and long term for longevity of life.

Here are just a few of my tips...

■ My number one tip is to ditch refined sugar. Fizzy drinks, cakes, chocolate and cereals, to name a few, need to be cut to a minimum or ultimately cut out of your diet altogether. Remember an adult's recommended sugar intake is 32 grams – eight teaspoons) – and there are 10 in a can of coke. Everyone is now surely aware of the dangers of sugar, the more you can control your intake the more weight you will lose and the better you will feel.

■ Rather than cut alcohol out for a month then go back to the same old routine, find ways of cutting back

on a daily/weekly basis. Two large glasses of wine a day can equate to over 110,000 calories a year which is well over two stones in weight gain. Pulling back on your weekly drinking could make a huge difference to your waistline.

■ Look at your lifestyle to find times when you can exercise. Find a class, group or type of training which you will enjoy, suits your needs, then make a commitment. Research shows those training without any form of focus or accountability makes things much harder, in fact 75% will fail. Set your targets and seek help if you need to, training in a group environment has proven to be the best way to get results.

*A year from now
you will wish you
had started today*

**Motivational quote
of the day**

■ Have a default meal for when you are rushed. Instead of ordering a take away, eating ready meals or snacking on rubbish have a meal you can make quickly and is healthy, such as an omelette, tuna salad or ham and eggs. Over time this could save you from consuming thousands of empty calories.

■ We seem to spend half our lives on our mobiles. Make use of this time by walking rather than sitting while on the phone. Every bit of exercise adds up over the year.

■ We're all going to have days where we know we're not going to be good – birthdays, family occasions and nights out. They may take up 25 days a year, so it's the other 340 you need to focus on, that's a huge amount of time to stay focused.

■ Be positive every day, a glass half full rather than half empty gives you that feel-good factor. Look at life and be thankful. Appreciate what you have and treat yourself and your body well.

LIFESTYLE CHANGE

If you are looking to lose weight, remove all the sugary snacks, fizzy pop, cakes etc from your home, this will stop temptation. Replace them with healthy options, start 2020 as you mean to go on



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



> Cut out refined sugar from your diet



FITNESS TIP

If you have just returned to the gym after a long break be sensible, ease into this year and progress rather than working yourself into the ground, be patient