



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

The older you get, the more muscle and lean weight you lose. This can be reversed with regular full-body workouts. Make sure you keep your strength, posture and ability to do the things you enjoy for years to come.

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

I HAVE new clients who come to see me in their 40s and 50s who have never exercised before. Even during their school years they managed to produce a note excluding them from PE.

They have therefore never experienced the feel good factor of exercise for both their mind and body.

Even those who used to train in their 20s, then stopped, before reigniting themselves in their 40s, have forgotten how good they can feel and the impact it has, both in the short and long term. Here are just a few of the positives:

- That sluggish feeling disappears and you become instantly more alert;
- Sleeping patterns improve;

- It helps strengthen your immune system;

- Your energy and zest for life returns, therefore you achieve more during your day;

- You become stronger, improving your posture;

- You look better and fresher as you eradicate toxins from your body;

- Training and pushing your body promotes better focus and self-discipline in your life;

- Exercise helps you build more confidence and self-esteem;

- If your children see you training they are more likely to follow and keep the habit going;

- Exercising often gives a natural progression to become more health-aware in other parts of your life, eg diet, drinking less

alcohol, smoking fewer cigarettes, consuming less sugar;

- Studies have shown exercise can help control addiction and help the body recover and return to a healthier routines;

- Last and definitely not least, exercise promotes hormones in your body which creates feelings of happiness and therefore makes you more positive. In fact studies show exercise can alleviate symptoms of depression.

These are just a few examples and I haven't even touched on the health benefits, which are enormous.

Is it time for you to re-start exercising or start appreciating the benefits of exercise? It's only when you are unable to train due to illness or injury that the true impact of not been able to exercise, hits you.

As long as you are able to exercise, you need to make a consistent effort to do something, the benefits are endless and ultimately will help give you a better physical standard of life, for longer.

► David Fairlamb's boot camp on Tynemouth Longsands



FITNESS TIP

Some training days you just feel good and are in the zone. Take advantage of this, push yourself beyond the norm and you may surprise yourself with how far you can go. The realisation of knowing you can push way more than you think will inspire you for the future.

Those who do not find time to exercise will need to find time for illness

Motivational quote of the day