



## David Fairlamb

# THE FIT FACTOR

### LIFESTYLE CHANGE

All our lives have been massively impacted over the last few weeks, adding structure will give you more energy and focus to your day.

### FITNESS TIP

Exercising is absolutely critical at this time as much for mental health and wellbeing as it is fitness. Make sure you and your family structure your day to include raising your heart rate.

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

**T**HESSE are unprecedented times in our lives, our daily routines have been hugely affected and the uncertainty going forward weighs heavily on our minds.

Processing what has happened the last few weeks and being able to clarify a clear way forward is tough as there are plenty of things out of our control, therefore, we need to focus 100% on the things we can control.

Here are a few areas to start:

#### **Routine**

Keeping your body in a routine is critical for you and your children at this time. Your body reacts much better both physically and mentally to consistency, giving you more energy and feeling more alert.

#### **Focus/Tasks**

Set yourself daily tasks, this could be as simple as an hour on a jigsaw, reading or clearing out cupboards. Set yourself a few days of tasks to keep your routine going.

#### **Positive minds**

Negativity at any time can bring

you down, but in these extraordinary times we are surrounded by it. You all need to work hard to stay positive and find something to focus on in order to keep upbeat, especially around your kids.

#### **Exercise**

It's a must for you and all the family. The government know the massive benefits of exercise for that feel-good boost and mental wellbeing. Use this time to start, improve or change your existing training regimes for your own and family's benefit.

#### **Positive influences**

Look for influences that can keep you upbeat. Look to that someone who inspires you, who may give you that extra positive mental boost that will improve your day.

It may not be a person, it may be a film, article or You Tube clip. This could be your go-to thing at certain

*In a tough situation, choose to be positive*

**Motivational quote of the day**

times in the coming weeks.

#### **Music**

We all have our favourite music or power song that can help pick you up, ideal to play and help you at any time!

#### **Laughing**

Making each other laugh, keeping the mood light and trying to make the best of any situation is the way forward. There is unlimited comedy on TV and social media - everyone needs a laugh.

#### **Make a call**

Connect with someone who may need you or would appreciate hearing your voice. At times like this you realise how precious your loved ones are. Keeping daily contact going will make them and, of course you, feel good.

#### **Help others**

Take this opportunity to do what you can for others. If we all try to do our bit, we can have a big positive impact on other people's lives.

Stay safe and keep positive.



> Stay positive and have a laugh