



## David Fairlamb THE FIT FACTOR

### NUTRITION CORNER

Eat smaller portions. Consuming fewer calories every day will make a massive difference over time with your weight and wellbeing. Look at the food you can cut back on in your daily routines.

### FITNESS TIP

Look to train and raise your heart rate with sessions you enjoy. Training in a group environment gives you that sense of togetherness and positivity where you are working towards personal goals together.

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

**W**HATEVER type of training you do or eating plan you follow, there will always be someone who says you should be doing it another way or that never worked for them.

Immediately you have doubt in your mind and a sense of negativity creeps in.

In reality, for health, wellbeing and longevity, any physical activity has health benefits - the right type is the one that doesn't injure you and keeps you happy and motivated.

Ideally it should include a mixture of cardio, resistance and mobility work, spread across the week, alongside a diet that is predominantly fresh, natural foods that our bodies are designed to eat, plus two to three litres of water a day.

Most people know this and yet this country's health is in a dire state with enormous obesity levels and record numbers of amputations due to diabetes every week. What is going wrong?

Here are my pretty straight-talking thoughts.

■ Most people eat way more calories than they burn off per day, therefore weight will increase without question.

■ You are probably having more than double the amount of sugar per day without even realising, therefore weight

increases per day. Add this over months, years and decades it is damming.

■ Most people are dehydrated as they do not drink anywhere near the recommended two litres of water a day.

■ There is no long-term consistency. Many people try different diets every few months looking for a quick fix, rather than eating healthier, smaller portions each day.

■ Eating two sensible meals per day, then feeling you deserve a treat simply doesn't work. You then wonder why you are tired and haven't lost any weight.

■ Thinking you can train once or twice a week, then eat what you want and still lose weight couldn't be more wrong. I have never seen this work - ever.

■ One or two snacks or a couple of glasses of wine a day won't make a difference. It will - add the calories up and you will get a major shock.

If you are serious and want to make changes that finally work, do not play at it for a week here and there. Rather than blaming others, take responsibility for your own health by getting serious and making those lifestyle changes now.

In more than 20 years of training clients, when the necessary changes are made and stay consistent, it has never failed with anyone.



> **Eating two sensible meals a day and then thinking you can treat yourself simply doesn't work**