



## David Fairlamb THE FIT FACTOR

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

# Lockdown makes it all the more vital to hold our focus



► Fitness trainer David Fairlamb

**M**ENTAL toughness is learnt not inherited.

If you are mentally tough, you have learnt to be, if you're not, you didn't.

Mental toughness has nothing to do with your heritage, intelligence or character - it's an acquired skill.

The process is the same that applies to physical skills - hard work, understanding and practice, the point is, if you want to be mentally strong you can be.

The ultimate measure of mental toughness in order to feel better and hit any target, is consistency. This is why during lockdown its important to implement this sort of focus on a daily basis.

Being in the zone puts you in a more relaxed and energized state, this will make you feel strong plus keep you on track in a positive and controlled state of mind.

We can all lose track for a short period of time, but with lockdown lasting for so it's even more important to hold your focus and consistency.

Sometimes you have to stand up and be counted, look to embrace being out of your comfort zone and take on board new ideas and challenges.

Here are a few ideas you may want to look at in order to mix things up, test yourself in your

hour of exercise.

### Stairs

Find some steep outdoor stairs and after a good warm-up - power up with a sprint or quick walk, depending on your fitness level and walk down as a recovery. Repeat six to 12 times. An excellent heart rate and fat burner workout.

### Beach/Grass sprints

Try to find a flat joint-friendly surface with a bit of give eg beach or grass. Mark around 40-80 metres and after a decent warm up, work on your speed with short sharp sprints and walk back as a recovery. Look to repeat 10-20 times

### Building distance and speed

Each time you run/walk try to add a small amount to your distance, or speed to a distance you have covered before. This will help hold your focus and give you that feel good factor knowing you have achieved something each time you go out.

### Lamp posts

Seek a good route that has regular lamp posts, focus on speed and technique for two lamp posts, followed by a slow jog/walk for four.

This type of training keeps your heart rate high throughout the session and as you never fully recover

## FITNESS TIP

Strengthening your core does not just mean your stomach - it includes your pelvis, lower back, hips and abdomen. Strengthening these area will lead to better balance and stability whether in sport or just daily activities. Make sure you concentrate on keeping this area strong.

between the sprints it is excellent for endurance as well.

### Online Fitness/Health & Wellbeing Platform

During these times it's important to have a go to place for all things health, fitness, motivation, wellness, Q&A plus indoor and outdoor workouts.

This is exactly what I've done to keep you positive and focused, for all details please visit my website.

## NUTRITION CORNER

Keeping your mind as well as your body strong is especially important during lockdown. I have a number of talks and motivational videos on my online platform to keep you positive and focused, check my website for details.

*There are 1,440 minutes every day, that means we have 1,440 daily opportunities to make a positive impact*

**Motivational quote of the day**