



David Fairlamb THE FIT FACTOR

LIFESTYLE CHANGE

If you are going to make positive daily lifestyle changes that will help your whole household, make sure you make the decisions collectively. Make sure you are all in this together.



FITNESS TIP

Vary your training. While in lockdown, use your imagination by trying different types of exercise such as a combination of aerobic and strength sessions.

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

IT seems like lives are being controlled by something else at the moment and new day-to-day routines have been forced upon every household. One thing that has stayed constant is that we all need to eat.

Our diet will play a massive role in how we feel on a daily basis in the coming weeks and of course how our weight will change.

There are much bigger things going on in the world at the moment but it is very important to look after yourself and your family by eating sensibly in order to keep you all as fit and strong as possible.

Here are a few ideas to put in place now that will pay dividends over the coming weeks.

Cut your portion sizes

Most people were eating too much before the coronavirus, which is why we also have an obesity crisis

on our hands. You must remember, our usual day-to-day movements used to burn off plenty of calories, but this is not happening now.

Most of you be will be exercising more but that small amount of exercise may not burn off as many calories as you used to burn each day anyway.

If you are consuming more calories than you are burning off, the effect is simple - you will put weight on. This daily weight gain over the coming weeks will add up and for many be detrimental to your health.

My advice is to cut your portion sizes now, use smaller plates, it is more important than ever to look after your health and wellbeing with food being the number one place to start.

By eating less you will avoid that full, tired, irritable and bloated feeling.

You do not need much food to

function at full capacity, especially at the moment, when you are unable to move far.

Pull back on high calorie foods

High-calorie foods such as pasta, rice and potatoes, plus sugar-rich drinks and foods such as cola and chocolate have flown off the supermarket shelves.

I can understand why, because they keep fresh for longer, but from a health and weight point of view they should be kept to a minimum.

In these strange times it is tough getting a balance, but it doesn't mean it can't be done.

I would avoid sugar-rich drinks completely - we do not have a water shortage, so use it. Pull right back on the amount of pasta, potatoes, bread and rice you are eating, and chocolate for you and your children should be seen as a treat only.

You can replace normal rice with cauliflower rice and use spiralised vegetables to replace pasta, this way you are cutting the calories to a minimum.

Replace the likes of a sandwich for lunch with soup. If you don't



> Keeping hydrated is important to keep our bodies functioning

know how to make it, learn - this is a great time to add new healthy habits to your lifestyle.

Drink Water

With all our daily routines knocked out off track, drinking water may be the last thing on your mind, but it is so important to keep

hydrated. Our bodies function much better when we are hydrated, therefore its imperative to drink two to three litres per day.

If you can implement reduced portion sizes, cut your refined sugar intake and keep yourself hydrated, it will go a long way to keep your weight down and stay healthy.

Every day brings renewed strength and positive new thoughts

Motivational quote of the day