



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

Regular exercise is not just something you need – it's essential because the length and quality of your life depends on it.

FITNESS TIP

Keep a consistent broad base of training throughout the year, knowing that at any point you want to specifically work on something, you can make those changes quickly and safely.

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

FOR the first time in 10 weeks I am not specifically relating my article to coronavirus times.

Today, I want to talk about being able to hold on to your fitness throughout the year. Of course, this means consistency and having the ability to mix your training up, knowing at any point, due to your base fitness, you could adapt and go for any specific target.

Whether it's general fitness, weight loss or you are training for a specific event, you can't expect to flog your body by training every day and be at the peak of your fitness 365 days a year.

You need to be smart, but unfortunately most people do not look at the bigger picture – they want results there and then.

For many it's a mad rush to lose weight post-Christmas and pre-summer, the rest of the year they don't bother. Long term this will catch up with you physically

because, as you get older, your body can't realistically make those sort of changes in such a short space of time. It also becomes dangerous for your health and you are more likely to sustain an injury.

Likewise, mentally – the thought of another year having made no long-term positive changes to your health and fitness could potentially have a negative effect.

So, how can you counteract this and train sensibly throughout the year and enjoy it?

■ I call it ticking over. Look to train 2-3 times a week all year round at a level you enjoy. This, alongside a healthier food regime, will – over time – reap the benefits with the way you look and feel and is your key to longevity.

■ Mix your up training – try different types of training, for example, have private personal training, small group classes in one of our three private gyms. We have a unique private

outdoor gym, strength sessions, beach bootcamps, indoor bootcamps and Versa Climber classes.

This type of variation means you can chop and choose each week. The variation breaks the monotony and gives you an opportunity to work on all types of strength and fitness. Remember your body will get used to one way of training, therefore mixing things up is beneficial.

■ With a broad base of training throughout the year, you can work on anything specifically – eg weight loss, strength, speed or endurance – quickly and safely.

■ The intensity of sessions is key – working at the same pace is good for health and wellbeing. But having that good all-year fitness level means you can up the intensity at anytime and feel much fitter and strong very quickly. This empowers and gives you self-confidence and belief not just in the gym but also in your day-to-day life.

■ Knowing your body means you should know when to rest, when to push – if you are going for a specific target – and how to adapt your training depending on how you feel dur-



ing sessions. If you feel good, push on and realise what you are capable of. Others days may be tougher than normal, therefore make a sensible decision depending how you feel. You may surprise yourself by the end of this session and find some

boost of energy to finish strongly.

Regular exercise is not just something you need to do to improve your health, consistent exercise is absolutely essential because the length and quality of your life depends on it.

*Motivation is what gets you going,
habit is what keeps you going*

Motivational quote of the day