



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

Being around like-minded people who have a similar goal can be one of the main driving forces of your week. If you are looking to improve your health and wellbeing, seek help and be accountable. It could change your life and more importantly save your life.

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

WITH so many of us out of routine during lockdown, we have all adapted differently to our health and fitness regimes.

Some of you will have been working harder than ever, with living room sessions, zoom classes and mixing it up with cycling and other outdoor workouts, whereas others have taken a full break from exercise and eaten way more than normal.

With gyms finally open again, many are realising their fitness levels are not as good as they thought, even though they trained throughout lockdown.

But do not get disheartened, here's why training on your own is tough and getting back to the gym/classes is important:

- Training alone can easily play tricks on your mind, such as the perception that you are working hard but in reality if someone was next to you or pushing you on, you would train with more intensity.

- Many of you will have completed workouts for a shorter period of time with less intensity or picked exercises/sessions you find easier to complete.

- You become more distracted by things happening around you in the house therefore lose focus and con-

centration.

- The mental stimulation and positivity of being in a different environment with others around you often means you lose the buzz from completing the session and the feel good factor you share with others.

- Training at home, for most, would involve body weight exercise and no other resistance, as soon as you add more resistance your heart rate will jump and you will tire quickly therefore think you are not as fit. Fear not, if you have not trained like this for over four months you may be a little achy but will soon re-adapt and feel strong again. Your muscle has a memory and will slot back into routine quickly.

Why returning to the gym/classes gives you that positivity and drive:

- Having people around you makes you accountable and gives you the

extra drive and desire to work hard both during session and be more focussed when you leave.

- The buzz of the music and atmosphere while training with others will inspire you to work harder and likewise you will inspire others which is why small classes work so well, you motivate each other.

- The social aspect has been proven to help with mental strength and builds self confidence which is crucial to drive you forward in your day to day life.

- Being around like-minded people who have a similar goal can be one of the main driving forces of your week and can push you on to achieve things in your personal life that you never had the confidence to do before.

Regular fitness and looking after your health has never been more important and needs to be prioritised.

The death rate in the UK from coronavirus is horrific, therefore put yourself in the strongest position you can to fight it, if necessary, by looking after your health and wellbeing.



The body achieves what the mind believes

Motivational quote for the week

FITNESS TIP

Look to join a class, sharing the buzz and atmosphere of the music while training with others will inspire you to work harder and likewise, you will inspire others. This is why small classes work so well, you will motivate each other.