



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

Try to continue with the positive things you have learnt during lockdown and continue to implement them into your lifestyle. It's too easy to go back to old habits.

FITNESS TIP

Lockdown may about to be slackened but do not slacken your training, one thing you should have learnt over the last 7 weeks - exercise is an absolute necessity for both physical and mental wellbeing.

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

WITH the first sign of lockdown restrictions being reviewed tomorrow this is a good time to reflect on what you have learned about yourself over the past seven weeks.

This unique situation should have given you time to understand what really matters in life and what is 100% instrumental in your life.

With all the uncertainty and suffering due to the horrendous death toll its important to try and embrace the positives.

A few months ago this was unthinkable, yet we have all had to adapt and deal with new tough situations.

I'm sure, like everyone, there will have been plenty of down days but it's how you learned to deal with them and bounce back that is the sign of a strong person.

This builds self-confidence and a positive thought process for the future.

Whatever happens over the coming weeks, months and years, you now know how important it is to look after your health, for yourself and your family.

The latest stats show a large number of people hospitalised with the virus were overweight.

Being overweight has a significant impact on your health at any-time but these results are significant and something you can't overlook.

It's important not to take your

health for granted. You need to work at it, make sure you carry on with your exercise.

The fact you will be walking around more, day to day, in the coming weeks and months means you will be burning more calories every day, this is hugely positive.

Going back to work and thinking you don't have time isn't good enough and will be detrimental to your health, you need to focus now and add it to your lifestyle, it's too easy to forget and not bother.

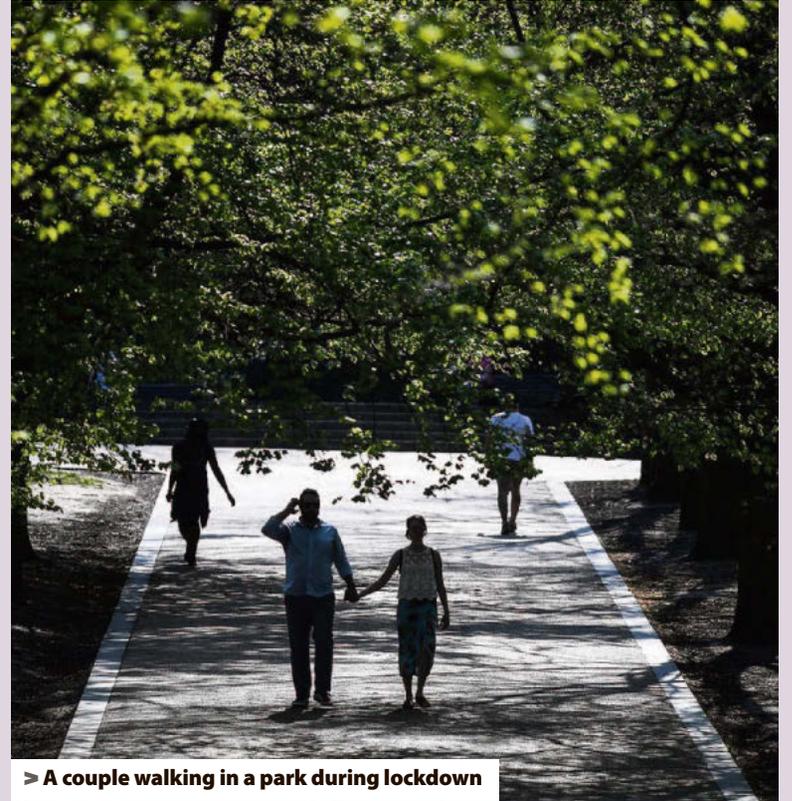
You must learn to eat consistently better and realise that stressing over things that, in reality, don't matter is a pointless exercise, what we have seen over the past few months should put that into perspective.

One thing most people have learned is that family, health and friends are precious and it's important that when we go back to our busy lives, they still take priority.

Continuing to implement positives you have learned from the past seven weeks, with consistency will lead to a healthier, happier and longer life.

Life is about moving on, accepting the changes and looking forward to the future

Motivational quote of the day



> A couple walking in a park during lockdown