



## David Fairlamb THE FIT FACTOR

### NUTRITION CORNER

Time to rethink your diet. Eating well for health and wellbeing goes without saying. Fresh natural food our bodies are designed to eat will keep your mind focused and fresh, as well as having a positive impact on your waistline. Add 2-3 litres of water per day- this is the way forward.



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

**F**OR many of us, with a bit of planning, our fitness routines/classes are starting to return as lockdown restrictions ease. But spare a thought for those who have been shielding, or who simply do not have the confidence to return to the gym, or venture to indoor classes they previously attended.

The impact of the pandemic has affected us all in some way or another, but for many the mental battle has been the toughest.

Of course physical and mental wellbeing come as a package, the positive impact of any sort of exercise can have a hugely positive impact on every part of life and give you that self belief you need, especially during tough times.

Here are a few tips on what you can do to ease yourself back into exercise, with confidence, without attending the gym:

■ Buy a mini trampoline, it's a brilliant non-weight bearing, joint friendly piece of equipment that you can use in or outdoors and will jump your heart rate and give you an excellent workout.

■ Build your own routine - low knees, high knees, quick/slow speeds, work on your arm power as well. Interval based workouts like 20 seconds quick 20 slow, 10-15 times is a great way to boost fitness and your feelgood factor. Make sure you plan a workout before you start and try to stick to it.

■ Squats are an excellent exercise to build into a routine or to add in after a walk outside. If you are a beginner build up from sitting down on to a seat and standing up, as your confidence improves remove the chair and concentrate on sitting into your heels, keep your head up and shoulders back. Sets of 10-20 a few

times on a regular basis through the week will work wonders for your leg and general strength.

■ Press-ups are excellent for upper body strength. An easy version is to press up against the wall making sure you keep your body all in line, you can then progress by pushing against a table this will allow you to take more of your body weight, try to avoid nose diving, make sure your hips come with you and your body stays level as you perform the exercise.

■ Using an incline/stairs will accelerate your fitness level much quicker than walking on the flat, try a workout of hills or stairs, eg 10 hill walks or runs with a slow walk back as a recovery.

■ Join an outdoor class, it's the perfect time of year to join and appreciate how good it is to train in a group in the great outdoors. Our Beach Bootcamps on the stunning Tyne-mouth Longsands would be a great place to start.



> Beach Bootcamp at Tynemouth Longsands

■ Eating well goes without saying. Fresh, natural food will keep your mind focused. Add two to three litres of water per day - this is the way forward.

■ Follow an online platform which will take you through the type of things I have discussed here, if you go to my website you will find a platform with a set price of £5 per

month with a huge amount of information including indoor and outdoor workouts.

*We don't stop training because we grow old, we grow old because we stop training*

**Motivational quote of the day**

### FITNESS TIP

**If you still do not have the confidence to go back to the gym post-lockdown, check my online platform with workouts, advice, and motivational talks to help you through all scenarios**