



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

If you are looking to improve your health and wellbeing post-lockdown, analyse those daily habits which you know need to be improved. Seeing the suffering over the last few months must have had an impact and given you an incentive to look after yourself

FITNESS TIP

With gyms re-opening on the 25th, prepare a realistic plan of how you are going to move forward and progress with your training, maybe a more varied regime including outdoor training is the way forward

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

TODAY, after 18 weeks, we can finally restart our hugely popular Tynemouth beach bootcamp. Before lockdown we had not missed a Saturday beach bootcamp since I launched them, more than 14 years ago. Of all the different areas of my business, without question, I've missed these Saturday morning sessions the most.

Over the years, its popularity has not gone unnoticed having featured in local and national newspapers and magazines and various TV channels. The stunning Tynemouth Longsands Beach is a phenomenal place to train and has to be one of the best locations, not just in the North East, but in the country.

Here are just a few reasons why our Beach Bootcamps work:

- The location is fantastic, there is something about training next to the sea that works and leaves you invigorated;

- Saturday 9-9.45am kick starts your weekend;

- There is no competition in anything we do. For example, in 20 seconds of work one person may complete 100 reps another 10, it makes no difference as you start and stop at the same time;

- We have extremely experienced trainers who design sessions to suit all ages, sizes and levels of fitness;

- Our goal is for you to train in a safe environment and be well looked after, we try to get the best out of every individual without screaming and shouting;

- We have a large number of regulars who have been coming for years who encourage and support you through sessions;

- The flexibility of pay-as-you-go means there are no contracts, therefore we have many people attend who are just visiting Tynemouth for the weekend after hearing about

our sessions;

- It's all bodyweight exercises with no kettlebells, weights, ropes. Therefore it's easy to follow and gives you an opportunity to work specifically on your bodyweight exercise technique;

- The social aspect of being in such a motivational environment helps improve your self confidence and mental health;

- After the session, many clients then have a coffee in Crusoe's on the beach, this routine of training then coffee has been greatly missed by many people for 18 weeks because it becomes part of their life;

- This type of session will supercharge your metabolism therefore help you lose body fat while improving your overall strength and posture.

- We run our sessions all year round;

- Over the years we have endured horrendous weather conditions, but the feel good factor means it's worth it for 45 minutes and we have not cancelled any sessions in 14 years until Covid-19.

The fact that the Government has



stated that training outdoors is far safer than in a gym, why not look to join an outdoor class? Our beach bootcamps are popular for a reason, because they work and we look after clients.

If you are interested in joining us

please check our website.

After the stats from Covid-19 it is important to prioritise your health and avoid returning to unhealthy habits therefore if you do become ill in the future you have the best opportunity to fight it.

Focus on where you want to be not where you were or where you are

Motivational quote of the day