



David Fairlamb THE FIT FACTOR

FITNESS TIP

As lockdown starts to ease, set yourself a specific goal which will challenge you. Think about what some people have had to endure over the past 12 weeks, be brave and motivated in making that challenge and then fight to achieve it.

LIFESTYLE CHANGE

These are unprecedented times and for many they should have given you time to prioritise what is important in life and to understand how you are going to implement positive changes going forward.

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

AT last after 86 days we have taken a step out of lockdown at DF Fitness and started outdoor social distancing sessions, for five clients at a time. The response has been huge and I have never seen so many happy, smiling clients in 25 years as a trainer.

Of course through lockdown we adapted and launched an online platform for clients to log on to for fitness sessions, discussions, mental toughness talks, nutrition and live Zoom classes - but nothing can beat the focus, social interaction and the ability to push harder without even thinking about it when you are in a group with a trainer guiding you.

Many of my clients have trained throughout lockdown but it's that extra push, the extra 10% you give when you have others around, which makes a profound difference.

You then inspire each other to work harder and there is no substitute for that.

When you are being looked after you become accountable again, consistency returns and you start to feel positive and strong.

You then realise how important



> Outdoor social distancing workouts at DF Fitness

feeling fitter and stronger is for your mental and physical wellness.

The impact I have seen with returning clients has been remarka-

ble. They have regained their focus and the right frame of mind to set new goals to challenge themselves.

These are unprecedented times

and the last few months, for many, should have given you time to prioritise what is important in life and understand how you are going to

Only you can change your lifestyle, no one is going to do it for you - look to the future

Motivational quote of the day

implement positive changes going forward.

If you were not happy about things before lockdown do not make the mistake of reversing back to old habits - you need to change them!

The last 10 weeks has affected us all in some way and for many it has been devastating.

It's now about making positive changes, you never know what is round the corner.

What I do know is you need to keep yourself fit, well and strong to give yourself the best chance of a longer life in good health.