



## David Fairlamb

# THE FIT FACTOR

### FITNESS TIP

For many it will be fantastic to return to your various gyms/leisure centres from today, but remember to train smart. Many of you may not have lifted weights or used resistance in your cardio workouts for months. Learn to make sensible decisions as you ease back into training. 100% flat-out speed and high resistance could leave you very sore or injured.

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

**I**T'S 18 weeks today since lockdown started and finally gyms can reopen.

It's a huge few months ahead for all involved, especially as it is pure guesswork how many people will return and how many gyms and leisure centres can survive in the current climate.

Before lockdown, the £5.5bn fitness market was expanding rapidly. We will now have to see whether the public feel confident enough to re-enter gyms or whether they have adapted their training and decide to continue with outdoor and home workouts.

Covid-19 could change how bigger gyms and leisure centres function from now on. Of course we have all needed to adapt but I feel this gives the more specialised boutique gyms a stronger hold in the market place.

Here is why:

- It's easier for smaller, more specialised gyms to make a quick return and adapt to the new guidelines.

- Long-term private gyms often have a very loyal client base who

have been attending for years and who are more lightly to return.

- It's a more personal experience and clients feel often safer and better looked after.

- Clients usually train in small groups, therefore do not have to worry about avoiding peak times.

- Class sizes are smaller.

- They can easily adapt training sessions to incorporate outdoor workouts due to smaller numbers.

- Post-lockdown, many people have realised they need to prioritising their health and wellbeing and are looking for a more bespoke experience.

- Sport England say the most missed type of exercise through lockdown is the gym, therefore those clients who do not swim or do any classes but their membership covers both, may look to a more specialised gym based environment.

It is certainly going to be a tough time in the weeks and months ahead until the public regain their confidence.

Like all industries, gyms and



> Small group training in DF Fitness Private Gym

leisure centres have been planning towards reopening for many weeks, I'm sure with their guidance and your own common sense, the much needed stimulation of physical exercise is a must for everyone and will continue to enhance your physical and mental wellbeing.

*Your health and wellbeing should be your number one priority – nothing else is more important*

**Motivational quote of the day**

### LIFESTYLE CHANGE

For many, our lifestyles have changed and new habits have been formed over the last 18 weeks. In the new norm, make sure you prioritise your health and wellbeing because surely you now know how important it is to keep fit and well.