



David Fairlamb THE FIT FACTOR

FITNESS TIP

The wait goes on until gyms reopen, but this doesn't mean you have to. Use this time to train outdoors and mix your training up. Be positive; waiting for gyms to reopen means you could lose another four weeks' training.

LIFESTYLE CHANGE

Change two or three unhealthy daily habits and you will be well on your way to making a significant positive change to your lifestyle, health and waistline.

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I AM incredibly disappointed that the Government has not yet given the go-ahead for the re-opening of indoor gyms in the latest easing of lockdown in the UK.

We are being allowed to go for a night out in a pub or restaurant but the one thing that is helping us attack the ever-growing obesity crisis and boosting our mental health continues to remain shut.

Gyms, like many businesses, have had 15 weeks to prepare and put measures in place to look after their clients. Instead, for 7,000 gyms and leisure centres which have a collective 10.4 million memberships and combine to make an £8bn-a-year industry that employs about 190,000 people, the wait goes on.

I understand it's tough to stay focused on your health and well-being without the support of others in a gym or class environment, especially if that's what you have been used to. Adapting to new situations is part of life and sometimes you have to learn to refocus and rely on your inner strength to make positive decisions stick.

The awful statistics of how many

people have died of Covid-19 who were overweight or suffered from diabetes is frightening and surely enough for many of you with either of these conditions to re-evaluate your day-to-day lifestyles.

This is not just about going on a diet, losing some weight and thinking that's good enough. It is about making a few healthy modifications that you can stick to which will lead to the long-term changes you need.

Here are a few areas that, without question, you will need to address if you want to see significant long term changes:

- Cut all the sugar-rich pop out of your diet for good.
- If you are having a sugary cereal for breakfast, change it. You could be consuming three to five teaspoons of sugar in that one portion and the recommended daily amount is only seven teaspoons for an adult per day. Look to a better option such as porridge/Weetabix or other healthier options such as eggs.
- Cut down on your alcohol content. The stats show the consumption of alcohol has increased during lockdown. Remember, two glasses of wine

Motivational quote:

*Do it now.
Sometimes
later becomes
never*

a day for a year is around 110,000 calories a year.

■ Look to fresh natural ingredients such as lean meat or fish with a salad or vegetables. Many ready meals have no nutritional value and are high in fat and calories.

■ Avoid adding high-calorie sauces to meals. Often they can transform what was going to be a fairly healthy meal into one which is very high in fat and sugar.

■ Cut down on white starchy foods, such as bread, pasta and potatoes.

If you can look at your regular daily habits and makes the alterations listed above, you will be well on your way to making a significant positive change to your lifestyle, health and waistline.



> Training in the outdoors can make for a pleasant alternative to gyms while they are closed