



David Fairlamb THE FIT FACTOR

LIFESTYLE CHANGE

Now is a good time to make lifestyle changes because you are moving into a new chapter of your life, make sure its a positive one.



FITNESS TIP

I'm sure you have found new exercises and routines to keep yourself moving and fit. Continue to use them, varying your training and continually challenging your body is a good thing.

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

AS lockdown starts to slowly ease we all find ourselves in yet more unknown territory going forward.

The impact on people's lives has been huge in so many areas, with plenty of highs and lows in every household and family environment.

It's down to you as an individual to look at what impact this has had on you over the last few months, then decide whether to continue to focus on the negatives and 'what ifs' or dust yourself down and take every bit of positivity you can find and use it as motivation towards the future.

Being mentally strong needs to be worked upon, that go-to feeling of why does this always happen to me or reacting in a negative way to situations will only lead to more anxiety and stress.

Turn to things and situations that you know work for you, it's very important to stay healthy, keep your immune system strong and keeping mentally strong is a big part of that.

Looking at the bigger picture, the horrendous death toll, the knock-on impact for so

many families, the job losses and financial stresses - it has had an impact on us all. This is surely the time to look at how you can improve your lifestyle in order to deal with changes going forward.

These are my four essential areas of your lifestyle you need to consistently work on:

- Exercise regularly - the impact is enormous both physically and mentally;
- Try to maintain regular sleeping times and patterns where possible - our bodies react much better in day-to-day life with good sleeping routines;
- Keep your immune system strong by eating healthy fresh natural foods, in other words, what our bodies were designed to eat. This gives us all the major vitamins and minerals we need. Avoid refined sugary food, snacks and drinks where possible;
- Be determined and talk yourself into being positive and optimistic. Have the self-belief to make fearless changes to your life in order to get yourself back on track and stay there.

Only you can consistently change your lifestyle for the better - now is a great time for a fresh start.

Open a new chapter, new story and new way of being

Motivational quote of the day



> Keep on working on your new exercises