



## David Fairlamb

# THE FIT FACTOR

### LIFESTYLE CHANGE

All our lives have been massively impacted yet again with Lockdown 2, adding structure will give you more energy and focus to your day.

### FITNESS TIP

Exercising is absolutely critical at this time, as much for mental health and wellbeing as it is fitness. Make sure you and your family structure your day to include raising your heart rate.

**A**S we all enter a second lockdown and an unprecedented health pandemic unlike anything ever seen before, it's becoming harder and harder to stay positive.

It's easy to be overwhelmed by negative thoughts and feelings of helplessness. But it's not all doom and gloom, and while the situation is uncertain and tough, it's not going to last forever.

We all need to accept things aren't as good as they could be for reasons that are largely out of our control and there is nothing we can do about it - therefore we need to focus on the things we can control.

It's all too easy to beat yourself up when things aren't going well but in the face of a pandemic, where the rules and regulations are changing by the day and most of us are living with a great deal of uncertainty, there is an opportunity to stop kidding yourself that you can control more than you actually can.

Self-pity, blaming others and feeling angry is not going to help you, it's better to accept that things are tough and start focussing on specific aspects of your life that will make

you feel more positive and happy. Remember that we need very few things to truly feel happy.

The first lockdown taught us we don't need much to feel OK. A bit of time outside, feeling connected to a small number of key people, having something to occupy our brains and stimulate us. All of that is still possible as we can cope well with less than we think - even in lockdown.

Here are a few areas to focus on:

#### **Routine**

Keeping your body in a routine is critical at this time. Your body reacts much better both physically and mentally to consistency. You will feel more alert and energised.

#### **Tasks**

Set yourself daily tasks that you can complete, giving you a sense of achievement. This could be as simple as an hour on a jigsaw, reading or clearing out cupboards. Set yourself a few days of tasks to keep your routine going.

#### **Positive minds**

Negativity at any time can bring

you down, but in these extraordinary times we are surrounded by it. Work hard to stay positive and find something positive to focus on to help you stay upbeat.

#### **Exercise**

It's a must - for you and all the family. The government knows the massive benefits of exercise for that feel-good boost and mental wellbeing.

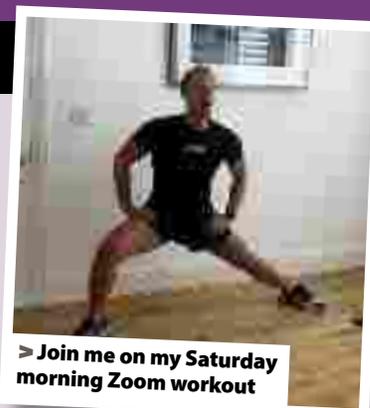
Use this time to start, improve or change your existing training regimes for your own and family's benefit.

#### **Positive influences**

Look for influences that can keep you upbeat, look to someone who inspires you, who may give you that extra positive mental boost that will

*In a tough situation, choose to be positive*

**Motivational quote of the day**



> Join me on my Saturday morning Zoom workout

immediately improve your day. It may not be a person - it may be a film, article or YouTube clip. This could be your go-to thing at certain times in the coming weeks.

#### **Health & Wellbeing DF Fitness**

Look to professionals to help. I have an online platform with indoor/outdoor workouts, motivational talks and nutrition advice for only £5 a month. Check my website for details.

#### **Zoom Classes**

I will be running live ZoomCamp instead of my Beach Bootcamp every week from my living room

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

during lockdown. It's suitable for any age, size and level of fitness. Ideal for all the family to kick-start your weekend - 9 o'clock Saturday mornings.

#### **Music**

We all have our favourite music that can help pick you up, ideal to play and help you at any time.

#### **Laughing**

Making each other laugh, keeping the mood light and trying to make the best of any situation is the way forward. There is unlimited comedy on TV and social media.

#### **Make a call**

Connect with someone who may need you or would appreciate hearing your voice. At times like this you realise how precious your loved ones are. Regular contact will make you both feel good.

#### **Help others**

Take this opportunity to do what you can for others. If we all try to do our bit we can have a strong positive impact on other people's lives.