



## David Fairlamb

# THE FIT FACTOR

### FITNESS TIP

Regularly change your times, speed, resistance, rest times and type of training. This will keep you motivated and focused on new targets.

### LIFESTYLE CHANGE

Some unhealthy habits may have been there for a lifetime, but it's never too late to change them.

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

**W**ITH our regular daily routines hugely disrupted last year due to Covid and the added festive excesses, many of you will have started the New Year fatter, less fit and more stressed than the beginning of 2020.

In fact a large survey that monitored more than 7,000 people, since the early days of the pandemic, reported they were less active and more anxious by the end of 2020, plus one in three said they had put weight on.

For the sake of your health and the ability to help fight illness look to reboot your unhealthy habits this new year. Treat it as a positive challenge and take pride in pushing yourself out your comfort zone, knowing that the benefits could save your life.

Most people have no idea how or where to start, with both food and exercise. Here are just a few ideas to reboot your habits through Lockdown 3:

■ Go through your cupboards and put all biscuits, cakes etc into a bag and get them out the house, this will stop temptation. Rather than throw

them away, why not donate them to a good cause?

■ Make a positive decision to avoid any soda drinks eg Coke, lemonade or energy drinks. These are laden with sugar and are dangerous for your health, never mind your waistline

■ With many of you working from home, rather than eating a sandwich and crisps at lunchtime be more prepared and eat a lighter meal such as lean meat/fish with salad. If you are serious about making positive changes you will need to put more effort into your organisation. Removing bread and snacks at lunchtime will consistently cut the amount of calories you are eating each day, therefore will have a big impact over the coming weeks.

*Winners are not people who never fail but people who never quit*

**Motivational quote of the day**

■ Buying, rather than making a salad at lunchtime will mean it's often accompanied with a sauce. Although you may think you are eating healthily, the sauce may increase the calories to more than your original sandwich and crisps.

■ Increase your portion sizes by adding more protein. You may raise your eyebrows at this but as long as the food is natural and healthy, it will keep you fuller for longer, therefore avoiding unhealthy snacks later in the day.

■ If you are in a habit of snacking after your evening meal, eat half your meal at the usual time then the rest later at a time you would normally reach for a snack.

■ Keep drinking plenty of water to keep you feeling full and hydrated, 2-3 litres per day.

■ Eating minimal amounts of food for days and being constantly hungry, hoping your weight will drop, is wishful thinking. In the end you may well feel awful and your metab-



olism will probably slow down, meaning you will end up storing more fat in the long run. Being consistent works, quick fixes don't!

### TRAINING

■ If it's body shape, weight loss and general fitness you are looking for: short, sharp quick workouts are the perfect way to train. Over-training to compensate for a bad diet often works in reverse and remember, you can't out-train a bad diet.

■ Vary your speed, pace, rest times plus the type and amount of training. Your body will get used to the

same type of training, if you want results, progress your sessions and mix it up, it also stops the monotony of repeating the same workouts.

■ Doing hundreds of stomach exercises per day will not make your stomach flat, stripping the fat off through a healthy diet will.

■ If you are looking to improve the look of your arms, make sure you work the back of your arms (triceps) as much as the front (biceps). But remember you need to pull your body fat down first to really see a change in shape.

■ Try my ZoomCamp classes, they are designed to suit all ages and levels of fitness. Check my website for details, I will also be running nutrition talks during lockdown.

■ Working big muscle groups such as legs and bum will help supercharge your metabolism. Squats and lunges in their various forms work very well.

Stay positive, be patient and keep strong. Remember there is light at the end of the Covid tunnel, start now and come out feeling fit, fresh and healthy. The results are in your hands.