



## David Fairlamb THE FIT FACTOR

# Vow to make this year your healthiest year yet

**A**S we move out of the toughest year of most people's lives we all have a choice to make - to focus negatively on the year that's gone or look forward to a positive future.

The new approved vaccine has given us all a real boost moving forward this year, which means we can make plans and focus ahead.

What the pandemic has taught us is that we can't take our health for granted and we need to constantly work on looking after ourselves.

We have all learned to adapt in tough situations in 2020 and pushing ourselves out of our routines and comfort zones is not a bad thing and makes us appreciate what we really cherish in life.

This year, focus on prioritising what you really need and want in life, say goodbye to as much negativity as you can, reset your mind to positive mode. Too much finger pointing and worrying about what other people are doing leads to a negative and angry mindset and I've seen too much of this over the past nine months.

If, like many, you have hidden away in lockdown and allowed unhealthy excesses to take over, it's time to wipe the slate clean and use 2021 to re-focus on your positivity, health and wellbeing. Here are some of my tips to get you kick-started in 2021 in Tier 4:

### ROUTINE/TARGETS

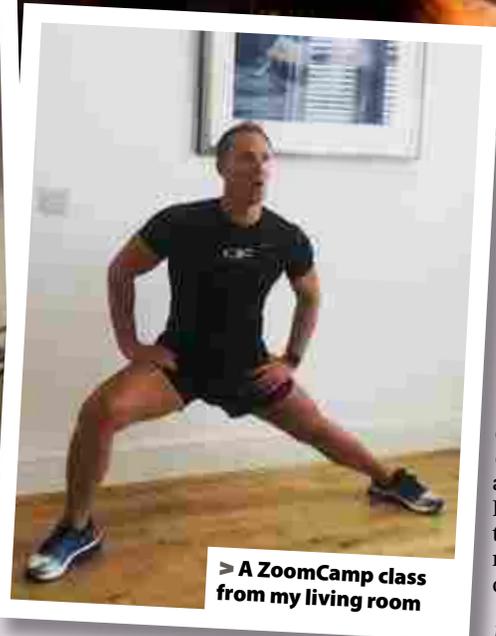
Keeping your body in a routine is critical at this time. Your body reacts much better both physically and mentally to consistency. You will feel more alert and energised. Set yourself realistic goals both short and long term. They need to be at the forefront of your mind all year.

### 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 to focus on to help you stay upbeat. Summer holidays are look-



► Lift your mood by listening to your favourite music



► A ZoomCamp class from my living room

ing on the cards this year, a great focus for you.

Remember - summer bodies are made in the winter.

### 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, otherwise we would be in total lock-

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

### HEALTH & WELLBEING DF FITNESS

Also look to professionals for help. I have an online platform with

indoor/outdoor workouts, motivational and mental toughness talks, nutrition advice plus questions and answer sections all 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 during lockdown. It's suitable for any age, size and level of fitness. Ideal for all the family to kick-start the weekend, 9am Saturdays. Check my website or Facebook for other days and times.

### 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 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.

### MUSIC

We all have our favourite music or power song that can help pick us up, ideal to play and help 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, have a good laugh, everyone needs that in their daily life.

### 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.

Here's to a positive and safe 2021.



## DAVID FAIRLAMB FITNESS ONLINE TRAINING

Outdoor training – Indoor training – Motivational speaking – Online platform page from £5 a month

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

HERE are my top 30 health tips to help you look good, lose weight, re-energize and supercharge your metabolism in 2021.

**1** Ditch 'white death' – in other words cut back on as much sugar as possible, especially sugar-rich fizzy drinks.

**2** You can't out-train a bad diet – 80% of losing weight is down to eating the correct food.

**3** Train smart, seek advice from a professional and make sure you are eating and exercising correctly targeting what you want to achieve.

**4** Cut processed food from your shopping list – if it's not in the house you won't be tempted.

**5** Drink 2-3 litres of water per day. As well as keeping you hydrated it will help to stave off hunger and keep you feeling fuller for longer.

**6** Avoid shopping when you are hungry, as this can lead to you buy unnecessary items such as quick-fix processed food.

**7** 75% of diet and exercise regimes fail within the first three weeks, unless you set yourself a target. Always have short and long term goals.

**8** Snacking during the day may have become a habit, eating



> Eating lean and clean food means you don't have to worry about portion size

# 30 tips to help to make it happen

more protein-based main meals should help as you will stay fuller for longer.

**9** Exercise more as this will not only help boost your metabolism and help you lose weight, it will also improve your self-confidence.

**10** If you are looking to lose weight and feel fresh, cutting down on alcohol is a good place to start.

**11** Boost your metabolism by adding different spices to your food.

**12** Exercise in short quick bursts. Make interval training a priority to help you become fitter, stronger and get those feel-good factor endorphins flowing.

**13** Be accountable to someone, and make sure you hit your targets on a regular basis and have them checked by a third party as

this will help you to stay focused.

**14** Think out of the box and set yourself a brand new challenge or target. Attempt something you have never done before – this will help keep you motivated.

**15** Make one or two changes to your daily food intake to help you lose weight. Eg if you have four slices of bread a day cut it to two. You will save 730 slices a year. Small everyday changes can change your life.

**16** Preparation is the key, plan your week's meals. Too busy to eat healthily is not an excuse.

**17** Excuses are a sign of weakness, be positive and attack your targets. When you hit them, set more challenges, therefore progress is continual.

**18** Take a Vitamin D supplement during the winter, this will help promote musculoskeletal health and can improve your mood.

**19** Add more healthy vegetables to your diet and steam them, it takes minutes. I would recommend trying asparagus and broccoli.

**20** Go to bed earlier and try to sleep longer, as the benefits are endless. A constant lack of sleep can promote production of the stress hormone cortisol, which in turn can increase your appetite and therefore lead to possible weight gain.

**21** Eating lean and clean food means you don't need to worry about portion sizes or weighing food.

**22** Berries – blueberries, blackberries, strawberries and raspberries – are the best type of fruit to consume and the lowest in natural sugar.

**23** Make an effort to mix your training up. Your body gets used to the same workout and tempo after a while. Look to change the resistance, speed, weight and order of training in your routine on a regular basis.

**24** Not sure where to start with exercise? Take yourself out for a walk, over time progress your distance and speed. See if you can add a jog, then run. As your fitness builds look to vary the type of exercise eg class and so on. You have to start somewhere!

**25** Motivate yourself – use technology to monitor your steps per day, and look to progress weekly.

**26** Kick your metabolism in to action every morning by eating breakfast – lose the sugary sweet cereals though and look towards eggs.

**27** The best meal – lean meat or fish with a load of green vegetables. Plain fresh food is your path to leanness.

**28** One-hundred sit-ups a day will help to strengthen your core but they will not progress you to a six-pack unless you are eating correctly as well – this is the best way to strip your body fat down.

**29** Ditch any thoughts that fad diets work long term. They will often mislead you, cost you the earth and end in disappointment. If you want it badly enough you just need to make a few consistent changes to your daily life. If you say strong mentally you will succeed.

**30** Why not donate all your chocolate, sweets and Christmas cake leftovers, this way any temptation at the start of the year has gone.

If you feel you have a long way to go on your health and weight loss journey, think again. Clean lean food combined with the right exercise only works, your life could be transformed in a matter of weeks.

Be positive and strong this year, make a real difference to the way you look and feel. When you feel good about yourself your whole life becomes easier and you can concentrate much more on what makes you happy in 2021.

