



## David Fairlamb

# THE FIT FACTOR

### LIFESTYLE CHANGE

In tough times you need to motivate yourself to keep exercising and keeping strong, the best and the most incentivizing way is to just get up and do it.

### FITNESS TIP

During winter workouts, cover yourself with enough layers made of moisture-wicking fabrics that will keep your body at a healthy temperature.

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

**M**OTIVATION towards exercise is tough at the moment, especially with the freezing temperatures and lockdown situation.

The best and the most incentivizing way is to just get up and do it. Moving, particularly in the winter, always makes you feel so much better, even just 15 minutes of exercise makes a big difference to your motivation and mental health.

Walks are as good as any workout and spending time outdoors inhaling fresh air is really important and will give you that endorphin kick for the rest of the day.

If you can convince your mind to do it, your body will follow. Stay tough in these hard times.

#### THE BENEFITS

##### ■ Boost your Immune system

Doing exercise will not only help you fight off any symptoms of a cold or flu but reduce the likelihood of you even being affected. Your immune system works harder and is better prepared to fight off infections.

##### ■ Great cardiovascular workout

Cold weather forces your body to work harder during training and this also applies to your cardiovascular system.

As the heart works harder to pump blood around the body during cold-weather exercise, this invigorating workout helps to keep your heart in tip-top shape. With cardiovascular disease being a major health threat in this country, anything that strengthens your heart is a smart move.

##### ■ Improves your mood

Seasonal affective disorder (SAD) is when you feel down due to reduced exposure to natural light because winter days are shorter.

Exercise can boost your mood at any time of year, but it has a particularly profound effect during winter when we need the endorphin rush more.

As well as being an effective mood booster and pick-me-up, getting outdoors in the fresh air in cold weather can help replenish Vitamin D levels in the skin.

##### ■ Burn more calories

A winter workout is a super-charged version of your normal out-

door workout because the cold weather will boost your calorie burn. This is due to the body working much harder to keep its core temperature regulated.

As the body works to stay warm, the metabolism is kicked into overdrive and your body burns through more calories and fat.

Studies have even shown that the cold can increase your capabilities such as increasing your long-distance run by 29%. Evidence also shows that exercising in cold weather can transform white fat, specifically belly and thigh fat, into calorie-burning brown fat.

#### WHAT TO WEAR

Cover yourself with enough layers made of moisture-wicking fabrics that will keep your body at a healthy temperature whilst functioning the same way it would in any other workout environment.

#### STILL NEED TO HYDRATE

Staying hydrated is one of the most important factors in minimizing the dangers of cold-weather workouts. The body continues to



sweat, but that sweat evaporates more quickly into the chilly, dry air, making it seem as though the body is losing less water.

Drinking ahead of cold-weather workouts will help maintain peak performance, protect the body from injury and will help you stay warm from start to finish. Don't wait to feel thirsty to hydrate!

#### STAY SAFE

While cold-weather exercise is safe for most people, if you have certain conditions, such as asthma or heart problems, check with your doctor to review any special precautions you need to take based on your condition or medications.

Exercising in cold weather increases the risk of hypothermia, be aware as this week in the North East, the wind chill took the temperatures down to -10.