



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

Give yourself an endorphin boost by exercising outside. You may have forgotten how good you can feel.

FITNESS TIP

You do not have to train for long to get the exercise benefits, it's the consistency that counts.

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

EXERCISE is the perfect tonic through Lockdown 3 to make you feel happier and increase your energy levels.

The monotony of your day-to-day routine and not being unable to have any contact with anyone outside your bubble can sometimes leave you feeling deflated and listless.

On days like this, where energy seems low, the last thing you want to do is exercise, but this is exactly the time you should be and getting a boost of the feel-good chemical which makes you happier.

When you workout and stay active on a regular basis, it's not just a coincidence that you feel less stressed, less anxious and generally happier...

I have many clients who train before big events in order to feel more positive, alert, happier and need a quick confidence boost, here are just a few other examples that can help you through Lockdown 3:

■ **School** - Children who train in the morning, especially at the moment, mean they are much more alert and ready for their day, especially as they are get no stimulation from other

children;

■ If you are going through a difficult time eg a relative is ill, training helps keep you mentally strong and therefore able to deal with situations much easier;

■ **Insomnia** - training helps regulate sleeping patterns, this is a common issue at the moment as many of you are out of your normal routine;

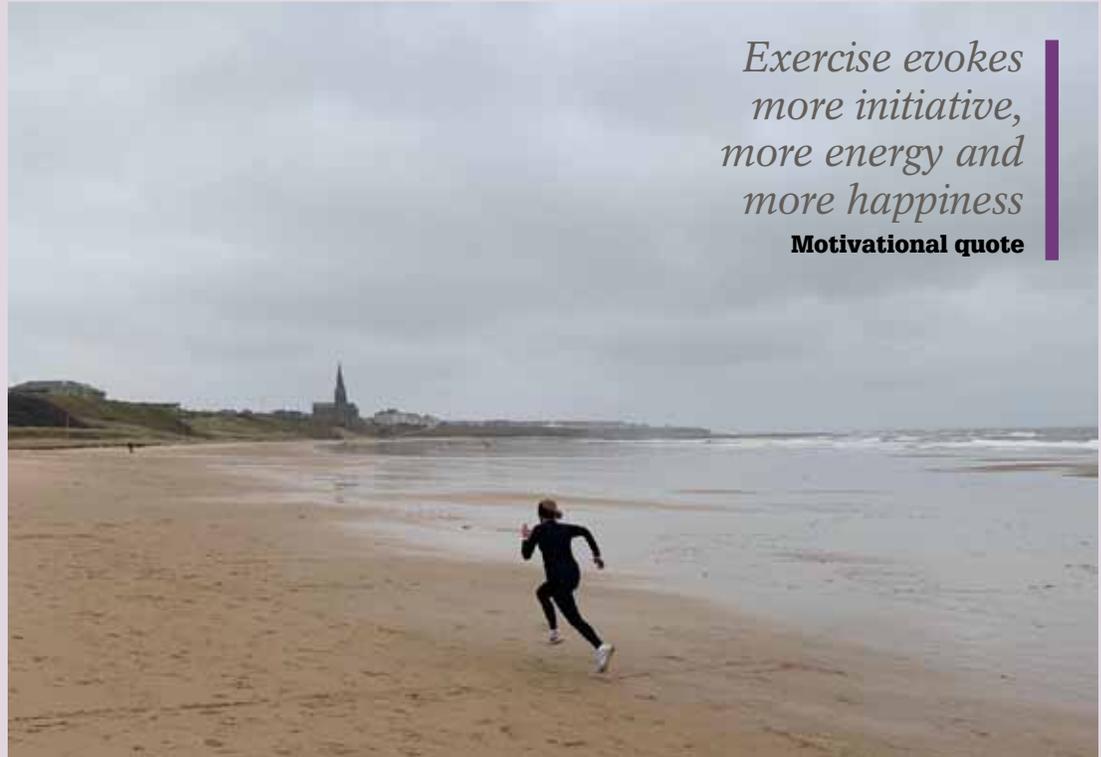
■ The pandemic has caused huge amounts of stress and anxiety from all angles, training during these times will help to alleviate stress and keep you feeling positive;

■ Many business men and women like to train first thing in the morning because they know they are much more efficient throughout the rest of the day.

Exercising during the pandemic will give a real sense of well-being, achievement and self-worth.

Those who do exercise regularly know how big a part it plays both physically and mentally in every aspect of their life.

Give yourself a big endorphin boost by exercising, you may have forgotten how good you can actually feel.



*Exercise evokes
more initiative,
more energy and
more happiness*

Motivational quote