



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

Making small efforts every day leads to big changes. Being consistent, focused and patient always pays off.

FITNESS TIP

A healthy mind is important for consistent effort and exercise is important in promoting a healthy mind. Enjoy the benefits of both.

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

WITH us all still in restrictive lockdown measures many people are finding it difficult to stay focussed on improving their health and staying positive, especially when they are spending so much time confined at home.

It's too easy to fall into a negative mindset and think of all of the reasons you aren't as fit as you were before lockdown. Many diets and healthy eating regimes have gone out the window, the focus and consistency has been lost, plus activity levels have.

If you have chosen to see lockdown as an excuse for detracting from your usual healthy regime or fallen into negative ways of thinking, here are some tips to reignite your focus:

Healthy diet: A healthy diet needn't be a wholesale shift to something completely foreign that is unsustainable. Small but consistent changes to your existing diet can and will work.

Set long-term goals rather than quick wins and make changes now that will make your future self

grateful.

Healthy Mind: Live in the now, accept things you cannot change but be proactive and accountable for the things you can. Events and circumstances in life are not negative or positive. Your individual perception of life events is what makes them positive or negative so program your mind to think positively. This mindset has been scientifically proven to boost our immune system. There is a wealth of online content about positivity and changing your negative thought patterns. Think of your mind like a muscle, it

Success doesn't come from what you do occasionally – it comes from what you do consistently

Motivational quote of the day

needs exercising regularly to stay healthy.

Healthy attitude: Some people are far too willing to place barriers before the belief that they can do something. Look for inspirational stories of overwhelming accomplishments in the face of adversity – people who learned to walk again after a stroke, ex-soldiers who have become athletes after debilitating, life-changing injuries. Anything that might help put your own situation into perspective and find a fire within yourself to drive you to better health.

Instead of finding reasons why you can't do something – list 10 reasons why you should.

Exercise: You don't need to leave the house to stay active, many exercises can be done standing on the



spot or sitting down. Use what you have around you, the stairs, chairs, rug, water bottles – if you're determined enough improvise. Our weekly Zoom classes are an excellent way to get your heart rate up in a group

setting within the confines of your home. All you need is the commitment and drive to do something.

Consistency – small but everyday changes make a huge difference. Find what works, stick with it and repeat consistently to see a change. Make sure your home-based activity becomes a habit and be creative to prevent your healthy activity becoming monotonous. Keep feeling positive about the efforts you're making.

Commitment: Ask someone you know to also commit to a long-term plan with you. Make changes together and compare progress in a supportive way. Being accountable to someone may just give you that push you need to stay on track. Sharing ideas that work might help dig you out of ruts and keep you going. If you commit to change on your own, make a chart or diary to track your progress or use an app to help you.