

STAYING POSITIVE

Let's not beat around the bush, this year has been challenging to say the least. Who could have predicted not only a pandemic, but the monstrous implications that have come with it.

We all now understand how things out of your control can have a hugely negative impact on your life and wellbeing, so let's look at the things you can control and make 2021 a year of positive change!

We all need to try to put ourselves in a strong physical and mental state while keeping our immune systems strong.

Returning to some sort of normality and consistency in 2021 in all facets of life is key. Let me advise you on health, diet and wellbeing.

Ditch the word diet, bin the quick fix plan that only works in the short term, lose the unrealistic goals, think positive, think sensibly, take time out for yourself and set new targets and this year you can push on to what you have wanted to achieve for years.

Everything is in your own hands, make subtle changes which are realistic and will last over time. Not only will you look much better but will feel energized and positive throughout the year.

Here are some ideas on changes that over time, not just through January, could be life changing:

- **Move more everyday!** Take every opportunity to walk/exercise eg while on the phone walk, on your lunch hour exercise, take the stairs not the lift. Moving more means burning more calories and brings that feel good factor.
- **Make time not excuses.** Replace idol time on your mobile phone to do more productive things eg to cook fresh food or go for a run/walk or simply take time out to relax, i think we could all learn from this.
- **Returning to normal life post pandemic.** Make sure you keep the interaction with your family and friends consistent, it will help you all.
- **Eat smaller portions.** It's simple and it works, eating less calories per day means weight loss and will improve your self confidence.
- **Buy smaller plates.** You can trick your mind into thinking you are eating a large meal if the plate is full.
- **Cut out snacks between meals.** Eating more protein at your main meals should help, it will keep you fuller for longer.



David Fairlamb

- **Try to limit the amount of bread you eat per day.** If you cut down from four to two slices, you would have saved 730 slices of bread calories a year.

- **Ditch your scales!** Use your clothes plus how you feel as a real measure of your progress. Work towards fitting into a pair of jeans, dress, or shirt.

- **Be mindful of your sugar intake.** Four grams is equal to one teaspoon, more than eight teaspoons for an adult is above the recommended amount.

- **Until there is a vast reduction in the sugar content of most cereals, stop eating them!** Pull back on these and you will have taken a big step forward in reducing your daily sugar intake. Eggs for breakfast is the way forward.

- **Drink water.** Keep your body functioning well and stave off hunger by sticking to a daily routine of drinking water - an adult should drink about two to three litres a day. This will also help with your energy levels.

- **Take the word diet out of your vocabulary.** Eat fresh healthy ingredients where possible. Bulk your plate out with vegetables alongside lean meats and fish.

- **Cut down/replace carbs.** Replace potato or white rice with a cauliflower version and instead of cooking noodles try replacing them with spiralized courgette.

This will hugely cut down your calorie intake and actually tastes good.

- **Find an exercise routine or class you enjoy.** This way you are more lightly to attend regularly and give 100%, leading to better results.

- **A mental approach is just as important as a physical one.** Try adding a yoga or relaxation class into your regime, this will help keep you calm and positive.

- **Take your time implementing these changes.** Try adding one of two ideas every few weeks, this will help keep you focused.

Let's face facts, if you are battling your weight and failing, you need to make changes.

Even if you only follow a few of the above tips you will see a big difference over time. In fact, in over 20 years experience as a personal trainer, when done correctly and consistently, I have never seen them fail.

Do not take your health and wellbeing for granted, they go hand in hand and have a hugely positive effect on your mental health.

Make 2021 a year where you make time for yourself, regain your path in life or find a new one, depending on how the pandemic affected you.

DAVID'S SUMMING UP

Do not take your health and wellbeing for granted, they go hand in hand and have a hugely positive effect on your mental health.