



## David Fairlamb

# THE FIT FACTOR

### LIFESTYLE CHANGE

Cutting alcohol consumption down by half a glass a day over two months reduces your calories intake by 2,500.

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

**T**WO months ago I wrote an article stating how small, everyday changes will improve your life. I wrote about implementing these changes over a four-month period and you would thank yourself in the summer.

Your health, wellbeing, appearance and self-confidence will all benefit hugely as long as you are consistent.

I have had a number of emails from readers stating they had followed some of the changes and achieved really positive changes, which is fantastic news.

Repeatedly doing things to make yourself look and feel healthy on a daily basis takes little effort, but can have big results.

Had you followed my tips for the first eight weeks look what you would have achieved! The good news is there is another eight weeks to go, therefore get on it.

#### **Positive changes and new things to try over eight weeks**

- Just 15 press-ups a day is a monster 840 over two months.
- Eating 200 calories less per day

saves 11,200 calories.

- A one-mile walk/run a day is 56 miles, that's just over four Great North Runs.

- Reducing two digestive biscuits (or equivalent treat) down to one a day will save around 4,750 calories.

- 30 squats a day adds up to 1680 - imagine how strong your legs will feel.

- A one-minute plank a day to improve your stomach and core strength will mean you have planked for just under 1 hour in the eight weeks.

- Completing a set of 100 stairs every day is 5,600 stairs in total.

- Cutting alcohol consumption down by just half a glass a day will reduce your intake by 2,500 calories.

- Reducing four slices of bread a day to two is a huge 112 slices less.

- Full-sugar fizzy drinks in a 330ml can contain 10 teaspoons of sugar. The daily recommended limit for adults is seven per day. If this is a daily habit and you cut it out, you'd be reducing your intake by a staggering 560 teaspoons of sugar.
- 40 stomach crunches per day

will total 2,240. If 40 is too many in one go try 4x10 or 2x20 - the main thing is keeping the consistency going. I recommend partnering these with the plank for muscle balance.

- Three cups of coffee per day with one sugar in each amounts to 168 teaspoons of sugar and 3,360 calories. Keep the coffee, but drop the sugar.

When you add small, everyday changes over a week/month or, in this case, two months, you begin to realise the huge positive changes you can make.

Unfortunately, you can also see how easy it is to go the other way with little or no exercise and a massive excess of daily calories.

Over months, years and decades these seemingly small but repetitive unhealthy habits add up, which is why this country is in poor health with such high obesity rates. Try to make changes to your own daily habits and routines to see how much better you will feel in two months. Those who are already two months in, will be flying by now.

### FITNESS TIP

Look to walk/run one mile a day for two months - that's the equivalent to completing just over four Great North Runs.

