



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

These are unprecedented times and might have given you time to prioritise what is important in life and understand how you are going to implement positive changes to achieve the most out of life.

FITNESS TIP

As lockdown starts to ease, set yourself a specific goal that will challenge you. Think about what some people have had to endure over the past 12 months. Be brave and motivated in setting a positive challenge, then fight to achieve it.

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

AFTER finally re-starting outdoor sessions last week, Monday brings even more positivity and a further step forward towards normality with all gyms re-opening.

The response to my beach bootcamps has been huge and I have never seen so many happy, positive smiling clients in 25 years as a trainer.

Of course throughout the past year we have been forced to adapt.

My business was no exception, therefore I launched an online platform for clients' This included fitness sessions, discussions, mental toughness talks, nutrition, plus I ran live Zoom classes three times a week.

However, nothing can beat the focus, social interaction

and ability to push harder when you are live in a gym, being facilitated by a trainer.

Many of my clients have trained throughout lockdown but it's that extra push, the extra 10% you give when you have others around you, that makes a profound difference.

You then inspire others to work harder and there is no substitute for that.

When you are under the guidance of a trainer you become accountable again, consistency returns and you start to feel positive and strong.

Ultimately, you will realise how important feeling fitter and stronger is both for your mental and physical wellness.

The impact I have seen with returning clients at our outdoor sessions has been

remarkable, they have regained their focus and are in the right frame of mind to set new goals and challenges, like never before.

When you have been denied this adrenaline kick for so long many people want to return with a new challenge.

These unprecedented times have given you time to prioritise what is important in life and understand how you are going to implement positive changes going forward.

If you were not happy about things before lockdown, do not make the mistake of returning to old habits, you need to change them.

The last year has affected us all in some way and for many it has been devastating.

Surely now is the time to concrete some positive changes, you never know what is round the corner, but what I do know is you need to keep yourself fit, well and strong to give yourself the best chance of a longer life in good health.



> Our Tynemouth Beach Bootcamp returned last Saturday while, of course, adhering to Covid guidelines

*Only you can change your lifestyle
– no one is going to do it for you*

Motivational quote of the day