



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

Everyday you can make a positive difference to your life. It's about having the right attitude and mental approach which doesn't cost you a penny.

FITNESS TIP

Post lockdown make sure you find time to exercise, it is not only good for weight loss but a must for your mental health and stability

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

IT'S one year on since we entered the first lockdown and I'm sure, on reflection, many of you can look back at some very challenging times. In fact, for many this could have been the toughest year of your life.

Learning to focus on the positives and being able to move forward, I believe, is very important, and for many could shape your future in how you deal with tough times.

This year has landed us in situations we have never experienced or had to process. Most people live within their comfort zone and in situations which are usually fixable with some effort.

However, this pandemic has been way beyond our control and therefore meant everyone has had to adapt, reassess their lives and focus on new habits and everyday processes. It's amazing that when you are put in these situations we learn to adapt, change our outlook and push through situations that you would never believe could happen or indeed that you could ever endure.

Taking a strong positive look at this year, I believe we have had to learn to:

- Appreciate things that previously you would have taken for granted;
- Prioritised what is important in life, for

many this will be a very different list than prior to the pandemic;

■ Take your health more seriously – surely the penny has dropped that health and wellbeing have to be a priority for longevity of life;

■ Exercise is not only good for weight loss but a must for your mental health and stability;

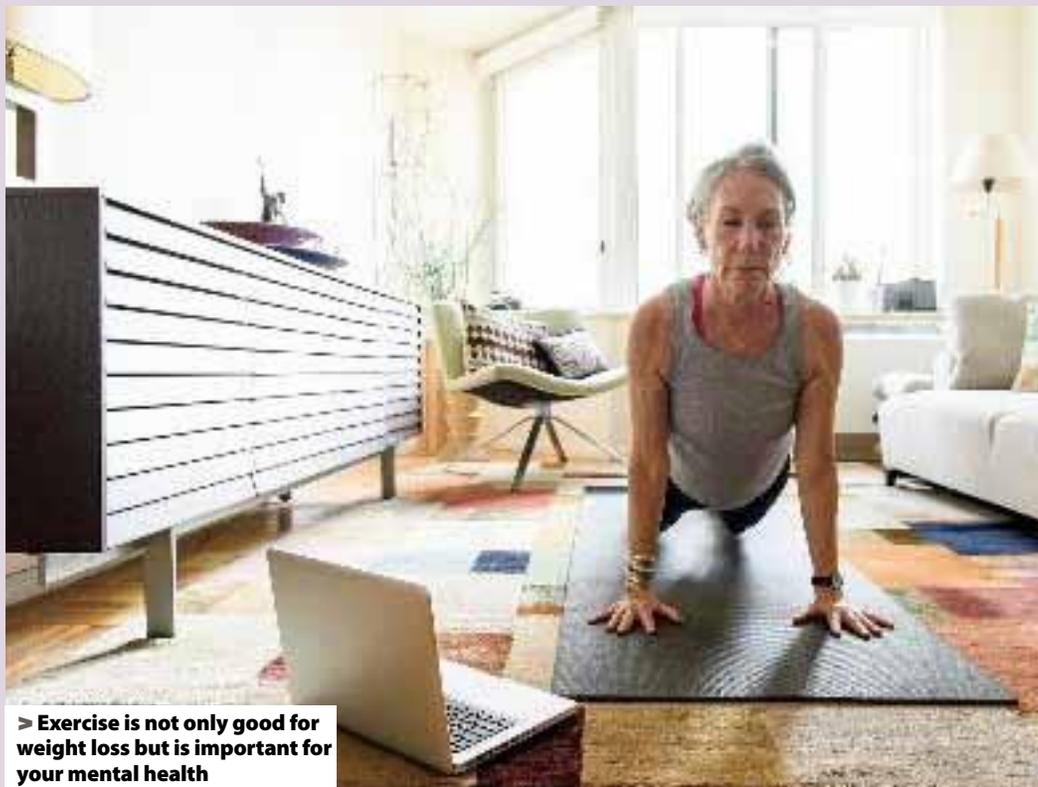
■ Mindful of spending time with your loved ones. Like myself, many of you will have had very little face-to-face time with members of your family. It's important to make time for them when you finally get the opportunity;

■ Know what's important in your life and flush out as much negativity as you can. It's important to be happy, therefore know what you want and focus on it;

■ Stop the finger pointing and focus on yourself rather than others. When things are out of your control avoid venting on others.

Every day you can make a positive difference to your life. It's about having the right attitude and mental approach and it doesn't cost you a penny.

One thing we have learned from this year is that we do not need much to be happy – appreciate what you've got and start to enjoy your life.



> Exercise is not only good for weight loss but is important for your mental health