



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

Change two or three unhealthy daily habits and you will be well on your way to making a significant positive change to your lifestyle, health and waistline.

FITNESS TIP

Try to set a goal of doing a little bit more each time you train, eg. walk a lampost then run one, next time walk one run two and so on. Build an extra 2,5 or 10 reps each time you do squats or press ups etc. Keep a log book it will help incentivise you.

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

DESPITE awful statistics on how many people died of Covid-19 who were overweight, the latest study from Nuffield Health shows a staggering 8.8 million people in the UK have done no exercise in the past year.

Nearly four in five Britons are failing to meet NHS recommendations on exercise. The result of successive lockdowns seems to have led to the formation of even more unhealthy habits.

I can't quite get my head round this.

Most of the country has been in turmoil for the past year but the one thing considered hugely important to fight against the virus and build up a stronger immune system was exercise.

The initial one hour of exercise allowed in the first lockdown was as much for our mental health as it was physical and of course they go hand in hand.

The study also shows 41 per cent of Britons say their mental health has also become worse in the past year.

The comprehensive survey of more than 8,000 people is one of the most detailed reviews into the nation's health since the start of the pandemic.

The Index reveals that, on average, a third of Britons agree their physical health is worse now than a year ago, with older age groups reporting a worse decline.

Only 10 percent of those over 55 years of age agreed their physical health had improved despite the known risks.

Surely for those who are doing zero exercise, these stats are enough to re-evaluate your day-to-day lifestyles. This is not just about going on a diet, losing some weight and thinking that's good enough, it's not!

It is about making a few healthy changes you can stick to which will lead to the long-term changes you need for ongoing health and wellness while building a stronger immune system.

Here are a few basic tips which work:

■ WALK every day, even if it is

for only 10-15 minutes. A quarter of an hour's walk per day for a year equates to more than 91 hours walking a year. It is the accumulation and consistency that works.

■ JOIN an exercise class you will enjoy - there are so many to choose from and you do not need to exercise for long. My new VersaClimber classes are only 30 minutes long, burn a huge amount of calories, are joint friendly, suitable for all ages/levels of fitness and the classes are unique to the UK.

■ BUILD time into your day to do something and give yourself that time to focus on you. It may be 15-50 squats a day, they can be done anywhere in a short space of time.

■ BUILD up exercise. Try to set a goal of doing a little bit more each time you train - walk a lampost then run one, next time walk one run two and so on. Build an extra two, five or 10 reps each time you do squats or press-ups etc. Keep a log book to see your improvements.

