



## David Fairlamb

# THE FIT FACTOR

### LIFESTYLE CHANGE

If your body is lacking water, one of the first signs is a feeling of fatigue. Make sure you keep drinking consistently – aim for at least 2 litres per day. As little as a 1% drop can affect your metabolism.

### FITNESS TIP

To avoid any post-exercise slumps try to eat a combination of carbohydrate and protein within 40 mins after training, this will keep energy levels raised.

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

**Y**OU don't need to look far to see endless advertising for energy boosters in various forms including supplements, vitamins, herbs and, of course, sugar-rich energy drinks.

Thankfully, there are things you can do to enhance your own energy levels, naturally:

Here are some tips:

■ **Drink water:** If your body is lacking water, one of the first signs is a feeling of fatigue. Make sure you keep drinking consistently, aim for at least 2 litres per day then it becomes a habit. As most of our body is made up of water even a 1% drop can affect your metabolism. Remember foods such as vegetables and fruit also contain plenty of water.

■ **Think positive:** In many cases tiredness is in the mind – if you think you are going to be tired, you will be. However, this can be reversed very quickly. For example, it may be hard to jump out of bed at 5am for the gym or work but if you are going on holiday it's easy as you

are excited and positive.

■ **Control Stress:** Stress induced emotions can consume a huge amount of your energy. Try to work on reducing the stresses in your life, relaxation therapies such as meditation and yoga will help as well as exercise. Spending time outside in the lovely weather we are experiencing at the moment will certainly help.

■ **Exercise:** Exercising sensibly gives you that feel-good factor, which in turn promotes positive vibes and energy. Physical activity sends oxygen and nutrients to your body's cells, helping your heart and lungs work more efficiently and boosting energy levels. Remember,

*Be stubborn about  
your goals but  
flexible about  
your methods*

**Motivational quote  
of the day**

you don't need to run a marathon to get the benefits – moderate levels of fitness activity will reap energy benefits too.

■ **Cut down on simple carbs:** Foods heavy in carbohydrates can leave you feeling sluggish, especially simple carbs like those found in white bread, pasta and rice, sugary drinks and processed food. They can initially provide a fast boost of energy but it is quickly followed by a crash as your blood sugar drops. Stick to whole grain, low glycemic carbs that take longer to digest therefore gives you a more constant energy release, eg. brown rice, oats and sweet potato.

■ **Peppermint Oil:** This refreshing essential oil increases oxygen to the brain which heightens focus and can stimulate the mind. Add 2-3 drops of peppermint essential oil to your regular morning shampoo and conditioner to invigorate the scalp, energize your mind and wake you up. You can also dab a few drops on your wrist during the day if you find your energy levels dropping.



**> Be kind to your body  
by having plenty of sleep**

■ **Better quality sleep:** Sleeping badly can certainly make you feel exhausted the next day especially as your body restores and repairs as you sleep. Try to eliminate caffeine after 2pm as the effects can last for

hours. Try to keep a consistent sleep pattern, if your lifestyle allows you., This will regulate your body clock and cutting down on alcohol at night, over time, will give you a better quality of sleep.