



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

There are many varied, group fitness sessions in the North East, many taking in some of our most spectacular and iconic landmarks. Look online and choose one that will inspire you – then it's all about your focus and commitment.

FITNESS TIP

Training with others is fun and maybe the kick-start you need to make significant, positive changes to your lifestyle.

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

RESearch has shown exercising in a group environment makes people feel physically and mentally better than training on their own.

Researchers found working out in a group lowers stress by 26% and significantly improves your quality of life.

Although those who exercised on their own exerted more effort, they experienced no significant changes in their stress or perceived physical fitness levels.

The findings support that the concept of a total wellbeing approach including, mental, physical and emotional approach to health, is necessary for doctors and physicians.

The study recruited 69 medical students – a group known for high levels of stress and poor work-life balance – and allowed them to self-select a twelve-week exercise program, either within a group setting or as individuals.

Those exercising in a group showed significant improvements in all three quality of life measures:

- Mental health: up 12%

- Physical fitness: up 24%
- Emotional stability: up 26%
- Perceived stress levels: down 26%

Those exercising alone saw little change, except mental wellbeing, which increased by 11%.

Even if you are the type of person who is in a habit of training alone, maybe it's time to consider how much more you would benefit from working out in a class.

I have been running group training sessions for many years, which are hugely popular.

Whether it be Beach Bootcamp, VersaClimber classes, indoor bootcamp or six-week Body Transformation sessions, the motivation of working with other like-minded people and being accountable is a huge draw for my clients.

The camaraderie and support within the group will also help you keep your focus and strive towards hitting targets.

Others in the group can inspire you to push harder during the session, increasing your self-confidence leaving you in a more positive frame of mind.



> Training in a group can be a great motivator