



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

We all have to start somewhere, things do not just happen. Only you can make those changes and improve your health, self-confidence and wellbeing. Many of you may have forgotten how good you could feel.

FITNESS TIP

Be inspired to work harder with your training. Look at the level of commitment the Olympians have learnt to reach, it becomes a mindset. Try to work on it.

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

WE needed an injection of inspiration and positivity after such a tough 18 months and the Olympics has certainly not let us down. It's been amazing to see so many phenomenal performances from Team GB.

I love to see teams and individuals, at any level, push every boundary to hit their goals and prove to themselves and those around them anyone can do extraordinary things with commitment and dedication.

Of course with any goal you need patience, commitment and a huge heart to see things through to the end.

The successes of the GB team in Tokyo has given my clients a real buzz and feel-good factor and I've used this as a motivational tool to help them refocus on their goals.

If you are looking to change your life for the better, improve your health and wellbeing, lose weight, build self-esteem, positivity and improve your life expectancy then be inspired by the huge commitment and focus of these Olympic athletes.

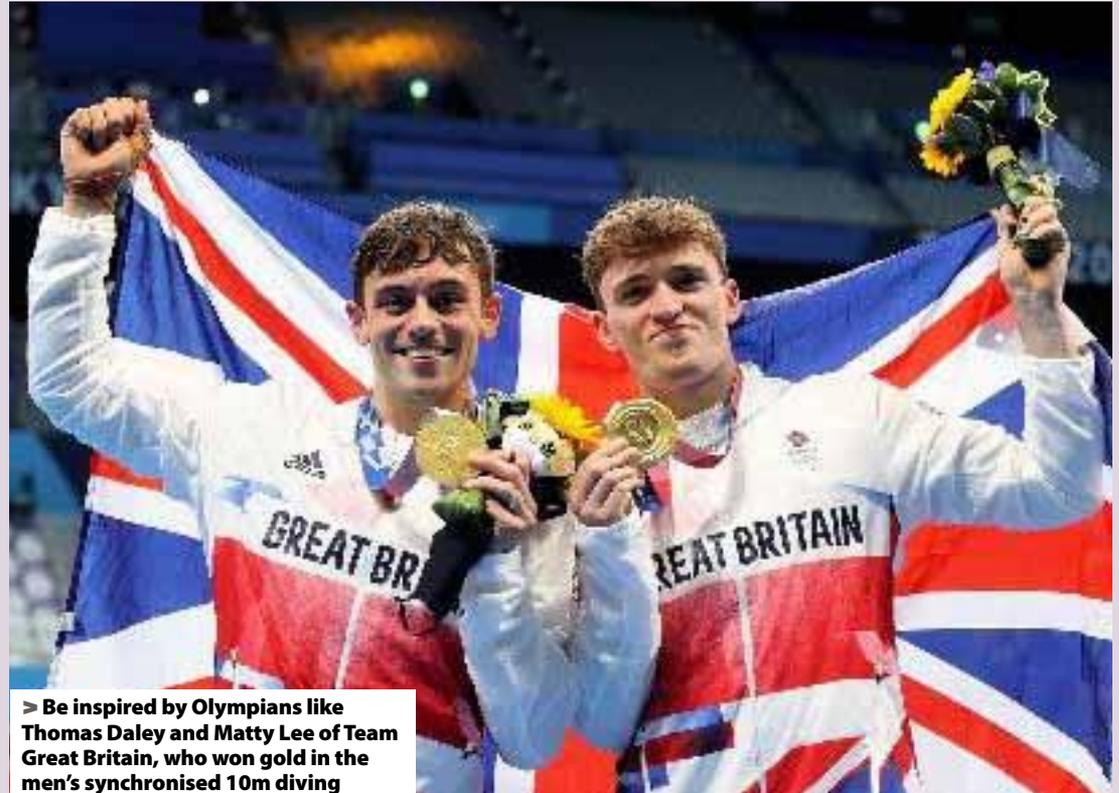
Things do not just happen, you have to put the hard work in just like these athletes have done in the toughest of

times, for what is usually four years, but due to the pandemic five.

Here are a few things this team had to do that you could try to mirror in your life:

- Set a plan;
- Set short and long-term targets;
- Build things bit by bit;
- If things are not working as well as you thought, change them;
- Be patient;
- Give full commitment;
- Never give up;
- Seek help if you need to;
- Concentrate on you, not what others are doing;
- Work on consistency and what you know works for you;
- Always be positive, you will find a way;
- Never lose sight of what you want to achieve;
- Do not stop until you hit your ultimate goal.

For more than 25 years I have loved helping ordinary people do extraordinary things, this is what keeps me motivated. Be inspired by the athletes in the Olympics and look to make some of your own positive lifestyle changes which could be life-changing for you.



> Be inspired by Olympians like Thomas Daley and Matty Lee of Team Great Britain, who won gold in the men's synchronised 10m diving