



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

Look to the new year and make time for you and your health and wellness. No one else will do it for you.

FITNESS TIP

Apps, magazines and podcasts will help educate and motivate you to lead a healthier lifestyle, boosting your immune system in 2022.

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

NOW is the perfect time to buy a gift which may be the push a family member, friend or indeed yourself needs to help boost your immune system and live a healthier lifestyle in 2022.

Of course there are the expensive all singing and dancing watches that give you every stat you can imagine about your daily activity, but it's about what would work and inspire each individual that's the most important.

Some things are much more cost effective and can be life changing, here are just a few ideas:

Health Podcasts

If it's motivation you need, podcasts such as Ted Talks tick all the boxes. Some are short and straight to the point with inspirational speakers and you can keep returning to them if you need a regular boost.

Kit

Buying new kit to wear can give you that extra motivation needed to get out and train. The feel-good

factor knowing you look good does make a difference.

Music

Invest in some motivating music that you know will help boost your energy levels during your sessions, some decent earphones can also make a big difference.

Vouchers

Most big fitness companies have vouchers that may just be the push you need to kick-start 2022. At DF Fitness, we have vouchers for all our sessions including Beach Bootcamp, VersaClimber, Outdoor Gym, Indoor Bootcamp's, Personal Training and six-weeks body transformation courses.

Health Magazine

Buying a yearly subscription to a

fitness/health magazine will help educate yourself on leading a healthier lifestyle.

Fitness app

Download a fitness/food app – many have proved to be very motivational and help keep that day-to-day focus. Over time, it will help implement better habits leading to positive changes both physically and mentally.

Set a target

Enter an event that is doable and something you can focus and look forward to, rather than dread. Anything from a 3k walk upwards. Choose something that isn't too far ahead, there are so many events in the North East you will be spoiled for choice. Short-term goals are good and will help keep you on track.

Book

Read an inspirational book. Keep those positive thoughts at the forefront of your mind as you continue to make progress over the days and weeks ahead.

Don't wish for a good body – work for it

Motivational quote



➤ Simple things like finding some motivational music or buying new kit might give you a boost