



## David Fairlamb

# THE FIT FACTOR

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

### LIESTYLE CHANGE

**Drink more water. Even if you are mildly dehydrated your metabolism may slow down. Plain water is the best – look to drink around two litres a day.**

### FITNESS TIP

**Staying in your comfort zone and completing workouts that you can achieve comfortably, is one thing. Why not try something different and do a workout that will test you? This will give you more of a focus and purpose.**

**W**E are a nation who seem to be obsessed with trying to find quick fix ways of losing weight, spending endless amounts of money on diets that promise the earth, yet in reality only work in the short term. For the majority sustaining any changes becomes a major issue.

I'm sure you have heard many people blame their metabolism rate or essentially the rate in which we burn off food for their weight gain, which incidentally does slow down, usually post-40.

Our BMR Basal metabolism rate is the amount of energy used daily at rest. So how can we boost our BMR allowing us to consistently burn more calories, leading to weight loss?

■ Short, sharp, quick bouts of exercise will help supercharge your metabolism. The intensity is relative to each individual. For some who rarely exercise, a regular quick walk will help, for others a very intense interval session will quicken your calorie burn for hours after finishing your workout.

■ Increase your muscle mass by using resistance such as weights.

Muscle needs energy therefore will quicken your metabolism, whereas fat is just storage.

■ Target big muscle groups such as legs and bum, plus try exercises that work more than one muscle group such as squats and lunges

■ Drink more water. Even if you are mildly dehydrated your metabolism may slow down. Unsweetened water is the best, look to drink around two litres a day

■ Add more spices to your food – they contain natural chemicals that can kick start your metabolism.

■ Your body burns more calories

*There may be people who are more talented than you but there is no excuse for someone to work harder than you*

**Motivational quote of the day**

digesting protein than carbohydrates and fats. Look to replace some carbohydrates with lean protein such as meats, eggs, fish and nuts.

■ Green tea has also shown to help burn calories – two or three cups a day can work wonders

Just as the above helps boost your calorie burning there are certain things which can slow it down. Here are just a few:

■ Dieting, as I have said earlier, is usually ineffective and can have a negative effect on your metabolism, by slowing chemical processes down because the body recognises when you are in starving mode.

■ Age, which is why it's even more important to exercise as you get older.

■ Alcohol – as your body fills with toxins it can slow your metabolism down

In a nutshell, to boost the number of calories burned, add some quick exercise with resistance, keep yourself hydrated, add more protein to your diet, forget dieting, drink green tea, stay positive, keep yourself young and stay happy – laughing also burns more calories...

