



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

If you are constantly trying to lose weight yet have seen little or no change over months/years, you need to have a reality check and understand continuing as you are is simply not going to work. A fresh start and new healthier everyday habits need to be formed.

FITNESS TIP

When you are pushing yourself, or at any time while training, be mindful of holding your technique and posture. As you tire, it's very easy to fall into bad habits. Be aware!

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

MENTAL toughness is probably not the first thing that you would think about when starting a weight-loss or fitness programme – yet learning to stay mentally strong and disciplined is vital to achieving and sustaining your targets.

With more than 20 years of experience as a personal trainer there are not many excuses I haven't heard.

Do these sound familiar?

- It was someone's birthday at work, so I had to have some cake.
- I had a dessert last night but I only had one bite.
- I'm tired and had a busy day at work – think I will give the gym a miss tonight.
- One biscuit a day won't make any difference.
- I've been good all week so I will just eat what I want at the weekend.
- I can't drink tea or coffee without sugar.
- But I always have a take-out at the weekend.

■ I train four times a week so I can eat what I want.

If you are constantly trying to lose weight yet have seen little or no change over months/years, you need to have a reality check and understand continuing as you are is simply not going to work. A fresh start and new healthier everyday habits need to be formed.

Changes to your everyday lifestyle will work – write your food down and analyse where you are going wrong.

In many cases cutting a few unhealthy, everyday foods from your diet and replacing them with healthy alternatives will make all the difference. Stay mentally strong and over time these consistent positive changes will work.

Of course there will be times when you may struggle and other people will try to push you to eat or drink the wrong things.

Take pride in saying no, you are doing this for yourself. Each time you say no, you become stronger and

more positive. Remember anyone can eat and drink the wrong things to excess, that's easy. The ones who stay strong, will see changes and inspire themselves to push on to quicker and better results.

Mental toughness is something you can learn as you train. Pushing out of your comfort zone is a good feeling and gives you that feel good-factor afterwards.

Of course everyone works at their own level. For some it may be simply a quicker walk – everyone has their individual limits.

Next time you are training and you feel you have reached your maximum, remember it's mind over matter – believe in yourself and push on. Your body can do way more than you think.

As you repeat this over time you will learn to train your mind and push your body further – it's a great way to stay focused, get in the zone and leave with a sense of achievement.

You and you alone are in charge of what you eat and drink – make the right choices and forget about any excuses.



> Push yourself just a little bit harder to train mental toughness

Tough times don't last – tough people do

Motivational quote of the day