



## David Fairlamb

# THE FIT FACTOR

### LIFESTYLE CHANGE

Take a look at your day to day lifestyle and if you really want to make positive changes, you will always find the time and joining a small group of like minded people has proven to work.

### FITNESS TIP

Intensify your outdoor walk or run by adding steps or hills into your routine. As you improve, add more repetitions or increase your pace over a shorter number. You will soon see a big improvement in your fitness and leg strength.

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

**T**HERE is no getting away from it - losing weight and living a consistently healthy lifestyle takes plenty of thought and, of course, discipline.

How can you make it easier for yourself, lose and maintain your weight and reach a point in your life where being healthy becomes the norm?

I could list all the usual reasons that you read in every weight-loss article or blog, but I'm only going to talk about one - training with someone or in a specific group.

Training on your own and being able to stick to a high level of commitment on a regular basis is extremely tough. However, being accountable with both your fitness and diet will lead to quicker results.

#### **Personal training/body transformation groups**

Our personal training clients and

six-week body transformation groups are accountable with their food every week and they have their body statistics taken every two weeks. This holds their focus and once they have achieved their fitness and body composition targets, maintaining becomes much easier.

#### **Dramatic results**

The incredible results we have had over the years prove working with a professional, and people with like-minded goals, is a game-changer. At the end of each session we discuss how everyone feels and bounce different ideas to help each other along.

Our weight loss, sugar clean lean exercise/food programme, has never failed with anyone, when followed correctly.

#### **Routine**

The last 18 months has shown

that you cannot take our health for granted. Making time to look after your wellbeing and finding a routine that fits into your lifestyle is a must. I have many clients who have been training with me for more than 20 years and still have the same time slots every week.

They have embedded the training into their lifestyle and then consistency becomes the key.

#### **Making training cost effective**

Putting your trainers on and exercising outside with a friend will cost you nothing - it's all about encouraging each other in a positive way.

Personal training is not as expensive as you think, if you are sensible.

Why not book a session once a month to complement your training, this way you can set goals and seek advice for the following month.

You can also have your body composition taken and food analysed to help keep your focus.

Bootcamps are another way of training with other like-minded people, our Beach Bootcamps on Tynemouth Longsands are pay-as-you-go, therefore no booking or



**> David Fairlamb's Beach Bootcamp on Longsands in Tynemouth**

upfront payment is needed and you can train up to three times a week, in the most stunning of locations.

We also have our unique to the UK VersaClimber classes, which are only 30-minute sessions taking place in our custom designed Versa Hub, optimised for sound and lighting.

It's a brilliant experience and remember all our sessions are non-

competitive, therefore suit everyone. As life is starting to feel more normal again, make sure you keep your immune system at its best and reignite your self confidence.

Take a look at your day-to-day lifestyle. If you really want to make positive changes you will find the time and joining a small group of like-minded people has proven to work.

*It's not about finding time to exercise and eating well - it's about making the time*

**Motivational quote of the day**