



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

Some unhealthy habits may have been there for a lifetime but it's never too late to change them.

FITNESS TIP

Regularly change your times, speed, resistance, rest times and type of training. This will keep you motivated and focused on new targets.

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

WITH our regular daily routines hugely disrupted last year due to Covid, plus the added Christmas excesses, many of you will feel 2022 is a time to refocus and hopefully get your lives back to some sort of normality and routine.

A survey that monitored more than 7,000 people since the early days of the pandemic have reported many are less active and more anxious, including one in three who said they had put weight on.

For the sake of your health and the ability to help fight illness, look to reboot your unhealthy habits this year.

Treat it as a positive challenge and take pride in pushing yourself out of your comfort zone, knowing that the benefits could save your life.

Most people have no idea how or where to start, with both food and exercise. Here are just a few ideas to reboot your habits:

- Go through your cupboards and put all biscuits, cakes etc. into a bag and get them out the house, this will stop temptation.

Rather than throw them away,

why not donate them to a good cause?

- Make a positive decision to avoid any soda drinks eg. Coke, lemonade or energy drinks. These are laden with sugar and are dangerous for your health, never mind your waistline.

- With many working from home, rather than eating a sandwich and crisps at lunchtime, be more prepared and eat a lighter meal such as lean meat/fish with salad. If you are serious about making positive changes you will need to put more effort into your organisation.

Removing bread and snacks at lunchtime will consistently cut the amount of calories you are eating each day, therefore will have a big impact over the coming weeks.

Winners are not people that never fail but people who never quit

Motivational quote of the day

- Buying rather than making a salad at lunchtime will mean it's often accompanied with a sauce. Although you may think you are eating healthily, the sauce may increase the calories to more than your original sandwich and crisps.

- Increase your main meal portion sizes by adding more protein. You may raise your eyebrows at this but as long as the food is natural and healthy, it will keep you fuller for longer, therefore avoiding unhealthy snacks later in the day.

- If you are in the habit of snacking after your evening meal. Eat half your meal at the usual time then the rest later at a time you would previously reached for a snack.

- Keep drinking plenty of water to keep you feeling full and hydrated, 2-3 litres per day.

- Eating minimal amounts of food for days and being constantly hungry hoping your weight will drop, is wishful thinking. In the end you may well feel awful and your metabolism will probably slow down, meaning you will end up storing more fat in the long run. Being consistent works, quick fixes don't!



TRAINING

- If it's body shape, weight loss and general fitness you are looking for: short, sharp quick workouts are the perfect way to train. Over-training to compensate for a bad diet often works in reverse and remember, you can't out-train a bad diet.

- Vary your speed, pace, rest times plus the type and amount of train-

ing. Your body will get used to the same type of training, if you want results, progress your sessions and mix it up, it also stops the monotony of repeating the same workouts.

- Doing hundreds of stomach exercises per day will not make your stomach flat - stripping the fat off through a healthy diet will.

- If you are looking to improve the look of your arms, make sure you work the back of your arms (triceps) as much as the front (biceps). But remember you need to decrease your body fat first, to really see a change in shape.

- Try a new fitness class. All our sessions are designed to suit all ages and levels of fitness, the positive mental as well as physical changes could be life-changing.

- Working big muscle groups such as legs and bum will help supercharge your metabolism. Squats and lunges in their various forms work very well.

- Stay positive, be patient and keep strong. Remember there is light at the end of the Covid tunnel and making a few daily changes now could be life-changing in the future.