



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

If you are stressed, finding time to train is a necessity for your health and wellbeing. We can all find 15-30 minutes a couple of times a week to help boost our morale and self-esteem.

FITNESS TIP

The good news is that any exercise for any length of time can help reduce stress levels, therefore pick something you enjoy and add it to your weekly lifestyle.

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

THE benefits of exercise are massive in so many areas and go way beyond big muscles and an improved cardio system.

Those who take part in any workout will know that the post-workout endorphins have a huge impact on your mental health immediately.

But working out does more than a short-term feelgood fix - it can help you beat stress in the long term too.

Stats from the 2018 Mental Health Foundation show that 74% of adults have felt so stressed at some point that they felt overwhelmed.

This is before the impact of the coronavirus. You would assume these figures will have jumped even higher over the past two years.

HOW CAN EXERCISE COMBAT STRESS?

Regular exercise is associated

with levels of reduced tension, elevated mood, better sleep and improved self-esteem which all impact how you perceive and manage stress.

Exercise stimulates serotonin, dopamine and oxytocin, all of which will have positive effects on the brain and make you feel happy and act as natural painkillers.

We should all make time for regular exercise to reduce stress, as well as use it as an instant happiness booster.

While one-off sessions have been linked with a reduction in stress, it's regular exercise that has shown to be the most beneficial at reducing stress levels.

Regular exercise helps lower adrenaline and cortisol, which are released from our adrenal glands.

These have a negative effect on

the body as well as our mind, including physical effects such as increasing the risk of high blood pressure or diabetes.

We also need to think about the social and psychological reasons why exercise is good for stress reduction.

It's the perfect way to spend time outdoors and around other people with similar interests and it's this interaction that gives you a real sense of community, positivity and self worth.

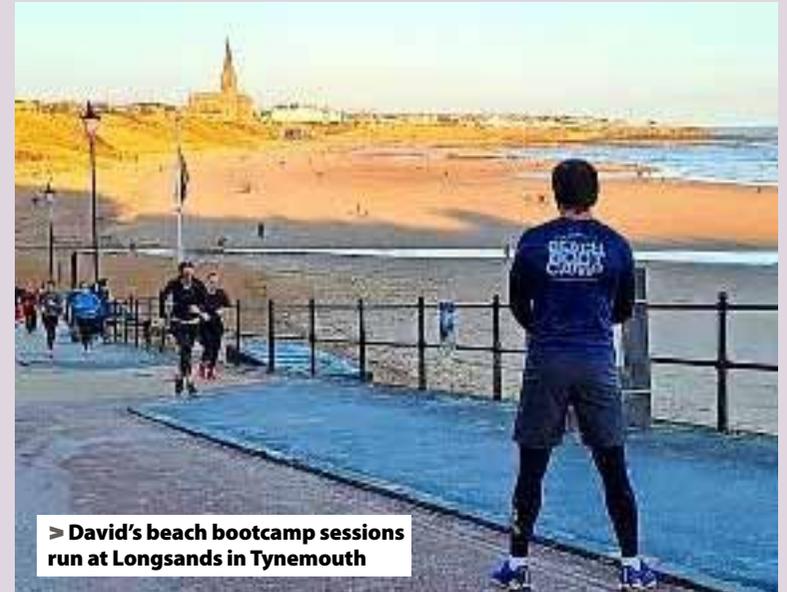
The good news is that any exercise for any length of time can help reduce stress, therefore pick something you enjoy and add it to your weekly lifestyle.

It is much more important to do something you enjoy, rather than just doing something that's been prescribed for you.

If you don't enjoy what you're doing, it is probably going to increase your stress levels rather than reduce them.

MAKING TIME FOR EXERCISE

If you feel you are under a huge amount of pressure and are already



► David's beach bootcamp sessions run at Longsands in Tynemouth

Our greatest weapon against strength is our ability to choose a positive thought over another

Motivational quote of the day

finding it hard to cope, slotting in time for training might feel too much to take on.

But, along with managing stress, it's about managing time. We can all find 15 to 30 minutes a few times a week to exercise, especially

when you know how important it is for your wellbeing moving forward.

Once exercise has become a habit, it should be even easier to maintain the benefits, even during times of increased stress.