



## David Fairlamb

# THE FIT FACTOR

### LIFESTYLE CHANGE

Only you can make the changes needed to help your lifestyle and wellbeing – seek help and make those changes happen.

### 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. 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

My personal training clients and six-week body transformation groups are all accountable with their food and have their body statistics taken regularly – this holds their commitment and focus.

Once they achieve their fitness

and body fat targets, maintenance becomes much easier.

#### Dramatic results

My small group sessions work and working with a professional and people with like-minded goals can be life changing.

At the end of each session we discuss how everyone feels and which foods work best, bouncing new ideas to help each other along. Everyone feels like they are in a bubble which also has a real positive mental boost as well as physical.

#### Routine

We can all find excuses not to train or make changes – it's all about making time for your health and finding a routine that fits into your lifestyle. 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 their training into their weekly schedule.

#### Making training cost effective

Putting your trainers on and training with a friend outside will cost you nothing, it's then about encouraging each other in a positive way and making constant improvements.

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

Why not look to book a session once a month to complement your training – together you can set goals and seek advice for the following month.

You can also have all your stats and food analysed to keep you focused.

Bootcamps are another way of

*If you want to make changes, it's not about finding the time to exercise and eating well, it's about making the time*

**Motivational quote of the day**



> VersaClimber classes are hugely popular

supplementing your training. My Beach Bootcamps on Tynemouth Longsands are pay-a-you-go, as are my outdoor gym sessions.

My VersaClimber classes are totally unique and have receive press in the USA and beyond.

Our 30-minute classes are massively popular and motivational.

Work, kids and a million and one things that need doing often means you neglect your own health and wellness.

It's maybe time to step back, take a look at your day-to-day lifestyle and, if you really want to make changes, you will always find the time.