



## David Fairlamb

# THE FIT FACTOR

### LIFESTYLE CHANGE

A positive mindset with a clear target will keep you focussed, take pride in being strong and keeping yourself on track. The more you say no to yourself and others for the sake of keeping on track, the stronger your self-belief and confidence.

### FITNESS TIP

Finding time to exercise is essential for your physical and mental wellbeing. The feel good factor of training will help you hold onto your focus and motivation regarding other goals in life.

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

**E**VERYONE has different targets in life and often your mindset dictates when and how you go about achieving them.

Those who are super motivated can keep that positive consistency going all year and have that tunnel vision that makes them stand out and constantly achieve.

For others it's about looking at shorter, more achievable goals and picking a time to push towards them. It's no different when it comes to diet and exercise targets:

- Be realistic and make things achievable – it's 10 weeks until June and summer kicks in. If you are looking to drop weight, make a couple of daily changes, eg. cut back on bread at lunchtime or less carbs on an

evening, then 1lb a week for many would be achievable. And over 10 weeks that would make a big difference physically and mentally.

- A positive mindset with a clear target will keep you focussed, take pride in being strong and keeping yourself on track. The more you say no to yourself and others, the stronger your self-belief and confidence.

- Rather than go full out – all or nothing – look to change your longer term habits which potentially could change your waistline and your life, eg. eat less. Most of us eat way more than we need every day. Days, months, years and decades of excess calories impact on your body fat and your health can

be huge and potentially lead to life-threatening illness such as heart disease and diabetes.

- Finding time to exercise is essential for your physical and mental wellbeing. The feel good factor of training will help you hold onto your focus and motivation regarding other goals in life. You can't underestimate the endorphin rush and that exhilarating feeling you get from any form of exercise and training within a group collectively enhances this feeling.

- Holding onto healthier habits throughout the year means the times you want to achieve those shorter goals – such as pushing to lose a few more pounds for your holiday or exercising more for a particular event – will become much more achievable. In other words, being consistent throughout the year by forming better everyday habits can and will transform your life both in the way you look and feel.

*Learn to push yourself because no one else is going to do it for you*

**Motivational quote of the day**



> David's beach bootcamp at Longsands in Tynemouth on a beautiful morning last Saturday