

## LIFESTYLE CHANGE

Even those who used to train in their mid twenties and re-started in their 40's have forgotten how good they can feel and the impact it has both in the short and long term. Look to make some positive lifestyle changes in your household, which are sustainable, and that feel-good factor will soon return.

## FITNESS TIP

Some training days you just feel good and are in the zone. Take advantage of this, push yourself beyond the norm and surprise yourself with better times or distances. The realisation of knowing you can actually do way more than you think, will inspire you for the future.



# David Fairlamb THE FIT FACTOR

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**I**HAVE new clients who come to see me in their 40s and 50s who have never exercised, even during their school days they managed to produce a note excluding them from PE. This means they have never experienced the feel-good factor of exercise for both their mind and body.

Even those who used to train in their mid-twenties and restarted in their 40s have forgotten how good they can feel and the impact it has both in the short and long-term. Here are just a few of the positives:

- That sluggish feeling disappears and you become instantly more alert
- Sleeping patterns improve
- It helps strengthen your immune system
- Your energy and zest for life returns, therefore you achieve more during your day
- Your body becomes stronger therefore your posture improves
- You look much better and

fresher as you eradicate toxins from your body

■ Training and pushing your body promotes better focus and discipline in your life generally

■ Exercise helps you build more confidence and self-esteem

■ If your children see you training they are more likely to follow and keep the habit going

■ Exercising often gives a natural progression for you to become more healthy and aware in other parts of your life, eg healthier diet, drinking less alcohol and generally making healthier choices

*Those who do not find time for exercise will need to find time for illness*

**Motivational quote of the day**

■ Studies have shown that exercise can help control blood pressure, help the body burn fat, and improve normal routine activities and better sleep patterns.

■ Last and definitely not least, exercise promotes feelings of happiness and well-being in your body therefore making you more positive. In fact, regular exercise can also help with symptoms of depression.

These are just a few examples and I have touched on the benefits of which are endless.

Is it time for you to start exercising or to reap the benefits of it? Only when you start to train due to illness that the true impact of being able to exercise is felt.

As long as you exercise, you need not to be huge, consistent something, the endless and ultimate help give you a standard of life

