



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

As daylight hours lengthen, change your evening routine by adding a walk or run a few nights per week. Commit and embrace the changes and you should look and feel better in a short space of time.

FITNESS TIP

Mix your training up, join an outdoor bootcamp. Do your research and pick a company that is well-established and best suits your needs.

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

LAST week our Tynemouth, Beach Bootcamp age range was from ten to 70, all training in one group.

When you are well looked after and sessions are designed to suit all, you can learn to train out of your comfort zone but still within your capabilities.

Our Bootcamps are ideal for any age or level of fitness, therefore incorporate all. Here are just a few reasons why you should consider joining an outdoor bootcamp:

More in less time

You'll be hard pushed to fit as much exercise in an hour at the gym as you would at a bootcamp. They are all about constant movement and motivation, therefore you will pack a lot of training in a 45-60 minute session.

They're motivational

Training in a group is hugely motivational. Other people will often inspire you to push harder and dig deeper than you would training on your own.

Defined, but not bulky

Many bootcamps focus on body weight exercises performed at high-

repetitions. This helps to develop endurance and promotes lean muscle tissue, not bulk. Sessions are perfect for those looking to lose weight and become leaner.

Boosts your metabolism

Working hard in shorter bursts will supercharge your metabolism, this will often last for hours after finishing your session, promoting greater fat loss.

Scenery

Our beach bootcamp takes place on the stunning Tynemouth, Longsands, surely one of the most beautiful places to train in the North East. The views certainly help energise clients and give them that feel-good factor. There is something very inspiring about training outside, especially in such a beautiful place,

*How do you
want to feel this
summer – fit or
jealous?*

**Motivational quote
of the day**

which helps alleviate stress.

Thought process

The thought process knowing you are training in the great outdoors is, for many, far more enticing than the four walls of a gym. Mix your training up, it may re-ignite your passion for fitness.

Social

The social connections you make sharing the highs of exercise not only provides motivation in the moment, but can also form the foundations of a social group that supports your health and wellness goals.

Our beach bootcamps are hugely popular because they tick all the boxes. There is no competition in any of our workouts, all clients motivate each other in different ways because each person has their own goals.

Lastly, we do not scream and shout at individuals, we work on producing the best from everyone both in effort levels and technique.

If you are looking to join a bootcamp make sure you do your research therefore you will know what to expect.

