David Fairlamb
THE FIT FACTOR

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

LIFESTYLE CHANGE

In most cases changing your life, in a positive way, is in your own hands. Life is all about being happy and content. Everyone has their own specific goal, it's down to you to make those changes and take a new path in life. You have to start somewhere, no one else can do it for you.

THE events that have unfolded over the past two years have affected us all and in many cases lives have been changed forever.

This, more than ever, shows us all that we need to make the most of every day and look after ourselves and our loved ones.

In most cases changing your life, in a positive way, is in your own hands. Life is all about being happy and content, but unfortunately for many this is not the case due to having an unhealthy lifestyle and being overweight:

Here are my thoughts, if you want to lose weight, live longer and be happier:

- Change it
- Change the way you live
- Be strong with yourself
- Be positive
- Bring back your self-confidence
- Bring back your self-esteem
- Make the changes consistent
- Do not stop until you are happy
- No excuses

Put a plan together and draw on positive people/things/music/events/films to keep and hold your focus by using them as motivational tools.

You may only need a few weeks or months to put yourself right, look good and move forward in life.... any signs of weakness or going off track, think about what we have all endured over the past few years, some with horrendous outcomes and refocus.

Throughout life there are many things you can draw on for inspiration, it's having the ability to hold on to those thoughts and act on them that you need to work on.

The words, changing your life, sound daunting but in many cases it may be as simple as adding 30 minutes of exercise two to three times a week or cutting down on certain things on a daily basis, such as sugar or fast foods.

Everyone has their own specific goal, it's down to you to make those changes and take a new path in life. You have to start somewhere, no one else can do it for you.

Be positive and make yourself happy, because you can.

FITNESS TIP

On days you find it hard to go to the gym or are struggling in the middle of a tough workout, think of something that motivates you. We all have a power song to listen to but how about a power thought that inspires you and gives you that extra bit of motivation and strength.

Be strong – you never know who you are inspiring

Motivational quote of the day

> **Music is a great motivator**

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Cars shown are HR-V 1.5 i-MMD e:HEV Hybrid Advance in Premium Sunlight White Pearl and Advance Style in Twilight Metallic with Crystal Black Pearl – Economy & Emissions figures, HR-V: MPG in Range in l/100km, CO2 114-162 g/km. Figures, sourced from 2021 registration/delivery test results, are provided for comparison purposes, and may not reflect real-life driving experiences. Vertu Motors is a leading name of Constantine Motor Company Limited which is authorised and regulated by the Financial Conduct Authority. Company registration number 04722820 VAT Registration number 802127426. Registered office: Vertu House, 17th Avenue Business Park, Team Valley, Gateshead, NE11 0NA.