



David Fairlamb THE FIT FACTOR

LIFESTYLE CHANGE

Planning and self discipline are the key factors in finding time to exercise regularly - make positive plans and stick to them.

FITNESS TIP

Hold on to your self discipline, make sure you work hard on the days you feel good but also listen to your body and be realistic on the days you need to.

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

DOES this sound familiar? On one hand you struggle to find time to work out, on the other, you can't afford not to exercise as it is crucial to sustain success both physically and mentally.

Maintaining an active lifestyle should be one of your top priorities in life but that doesn't mean it's easy. One of the biggest obstacles people have when it comes to training is finding enough time. Time management seems to be the biggest determinant in a person's success in any given training programme.

Finding that healthy work-life balance is crucial. Here are some tips on how to fit exercise into your daily routine, no matter how busy you are:

Quality over quantity

Pick a workout form that you can do almost anywhere, whether you're travelling or arriving home late from work.

Have an exercise routine that doesn't require much preparation such as body weight exercises, running or interval based workout. Per-

formed correctly, this will supercharge your metabolism and you should see significant physical gains in a short period of time.

Our new and unique 30-minute VersaClimber classes are hugely popular and you can burn up to 600 calories per session. A full body, non weight bearing session on machines that trebles the calorie burn of other aerobic machines in the gym, this is certainly one quality over quantity session you could try.

Ditch your phone for 30 minutes

A survey shows British adults spend an average of over 20 hours a week on their smartphone or tablet. That's roughly 12 times longer than they do exercising. This phone obsession needs to be broken. Why not ditch your phone for 30 mins while you exercise. I'm sure many of

you will secretly enjoy time out from social media.

Use an event for motivation

Whether you're an elite athlete, beginner, or somewhere in between, there are a huge number of varied challenges that you could sign up for based in the North East.

70% of people who start a fitness regime without a goal fail. Therefore sign up, set a goal, and notice how your mental approach changes for the better.

Cater for your likes and dislikes

Be realistic on what days you push and what days you take it easier. If you are feeling strong, push through a workout, you know it will be tough but on that particular day you can attack it.

On other days just try to tick over by picking an easier workout. You will still experience that feelgood factor and keep your self discipline through exercise. Listen to your body and work out accordingly.

Commit to your schedule

Make a weekly schedule, stick to



► One of David Fairlamb's VersaClimber classes at his North Shields gym

Do not find the time to exercise – make the time

Motivational quote of the day

it, and remind yourself that working out is a priority. If you want it badly enough you will find the time and use it wisely. Knowing you have stuck to your commitment also

keeps your self discipline and habits strong. It's all in your own hands, if you want to make changes to the way you look and feel you WILL find the time to exercise.