



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

A positive mindset with a clear target will keep you focussed, take pride in being strong and keep yourself on track. The more you say no to yourself and others, 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 for your forthcoming holiday.

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

EVERYONE 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.

With the July and August holiday season approaching, for many a last minute push to lose a few extra pounds is high on the agenda. Here are a few tips to get you looking and feeling better:

■ Eat less, it's that simple. Most of us eat way more than we need on a daily basis leading to gradual weight gain. Cut out any snacks or sugary drinks between meals.

■ Eat eggs for breakfast. It is proven to be the best breakfast for weight loss and keeps you fuller for longer periods of time - mainly because they are sugar-free.

■ Pull back on refined carbs - eg. white bread, pasta, white rice, potatoes - they add a huge amount of calories to your plate. Try replacing them with cauliflower rice or spiralized courgette which bulk your plate out with minimal calories. It is important to find ways of cutting back, if you are looking to make a significant change.

■ Use your holiday as a big incentive. Knowing you are going to enjoy yourself in a few weeks, look to cut back on your alcohol intake beforehand. Remember, some beers contain around 300 calories, a large glass of wine up to 150 calories. The combination of your food intake for the day plus alcohol means your calorie consumption rockets,

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

Motivational quote of the day

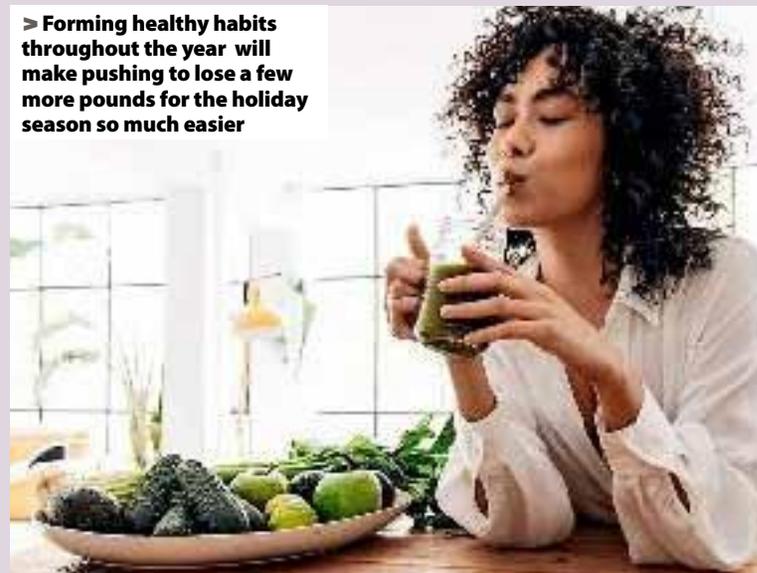
probably way beyond what you are burning, therefore your weight will increase, defeating the objective.

■ Going back to what our bodies are designed to eat is by far your best option, in other words fresh natural food - fish, meat, eggs, salad, vegetables, fruit and water is the way forward. Main meals of protein with salad or vegetables is your go-to meal.

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

■ 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, helping to supercharge your metabolism therefore burning more calories. You can't underestimate the endor-

> Forming healthy habits throughout the year will make pushing to lose a few more pounds for the holiday season so much easier



phin rush and that exhilarating feeling you get from any form of exercise and training.

■ 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 for a particular event, becomes much shorter and 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.