

LIFESTYLE CHANGE

Feeling good in your own skin gives you a huge mental boost and makes day to day life much more enjoyable and happier. Those who made small positive daily changes to their lifestyle/nutrition since January can go on holiday feeling much happier within themselves. Making changes works – you just need to commit and focus

FITNESS TIP

You can do a workout wherever you are. It's about improvising and using your imagination and using what is around you. The great outdoors is the best gym in the world. Natural movements such as walking, running, climbing, jumping, throwing, crawling and swimming are what we, as humans, are designed to do



David Fairlamb

THE FIT FACTOR

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HOLIDAY season is upon us and feeling confident in your own skin is hugely satisfying and can determine your mood for the whole summer, especially your holiday.

I wrote in January about making small everyday lifestyle changes with your food and come the summer you will reap the rewards. Summer bodies are made in the winter, it's only now that those who made the effort and small changes can go away with a big smile and raised self esteem.

Here are a few tips for those who are looking to lighten the calories on holiday and hold on to your figure, without spoiling your fun:

- It starts at the airport! A full English with extra bread and muffins is probably not the best start. These are unnecessary calories before you even step on the plane;

- Try to eat before you go and avoid the tempting sandwiches often laden with cheese and mayonnaise on the flight. Buy something more healthy in the airport and take it with you. Eating rubbish at the airport and on the flight will proba-

bly leave you bloated and sluggish, which isn't great when you hit the beach later in the day;

- Breakfast on holiday – try to avoid stodgy food such as white bread, pancakes especially with syrup, and sugary cereals. Look towards eggs, ham and fruit – eg try melon and berries for a healthier kickstart;

- Go for a walk and raise your heart rate, this will help burn more calories. If possible try to have a decent walk each day. Obviously, if you normally train and there is a gym available, a 30-minute workout two or three times a week to keep you ticking over, would be great. If you train throughout the year, a

week off may do you good. We all need time out and you will come back refreshed and ready to restart;

- If there isn't a gym, why not train on the beach for 20 minutes? Hitting big muscle groups including exercises such as squats, lunges, star jumps, stomach exercises, press-ups, the plank and some short 20-30 metre sprints would be ideal. I'm sure anyone watching would only be impressed and inspired by your dedication and effort. My Tyne-mouth Longsands Beach Bootcamp incorporates all this, why not join us and learn what to do?

- I would suggest training in the morning before breakfast and away from the hottest part of the day. This also leaves the rest of the day free;

- Try some small stomach crunches on your sun bed. Repeating 10-30 crunches every few hours will soon take you to over 100 for the day;

- Make sure you drink around 2-3 litres of water during the day. Stay away from cans of fizzy soda or energy drinks, they can contain up to 20 teaspoons of sugar per bottle

- Avoid rich creamy cocktails as many are packed with calories. A



> You can have a great time on holiday – and still come back in decent shape

spirit with slimline or wine is a better option. Beer or lager will probably leave you bloated;

- Snacking on nuts and crisps at the bar is too easy, limit yourself to a few, then move them out of your reach;

- Choose grilled food rather than fried, then make sensible choices such as vegetables or salad rather than chips. Most salads abroad are gorgeous and fresh;

- Eating from a buffet – fish and lean meat are the best choices and will keep you fuller for longer. If you are regularly using a buffet, be mindful of what you are eating, all-inclusive hotels are great but repeated trips to fill your plate may mean you eat 2-3 times as much as you would at home.

Incorporating a few of my tips should help you to look and feel good throughout your break.

Happiness is found when you stop comparing yourself to other people

Motivational quote of the day