



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

Eating the right kind of food is absolutely key to feeling good every day. Eating fresh natural foods is your ultimate motivational tool to hold your focus and motivation.

FITNESS TIP

Re-ignite your focus by having that accountability and constant variation by working with a professional. It means you do not have to think about what you need to be doing.

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

WE all know that regular exercise and keeping active plays a huge part in our general health and wellbeing. Knowing it is one thing but consistently doing it, is where many of us fall down.

Finding the motivation, sustaining that focus and keeping a routine is often harder than doing the exercise itself.

As you can imagine over 25 years as a trainer I have pretty much heard every excuse going and there have been some interesting ones, but in the end it comes down to you and how much you want to make those changes. I believe if you want it badly enough you will just do it.

Here are 10 go-to tips to help you hold your focus and motivation:

MEMORY

Remember how good it feels when you have exercised and that endorphin rush which gives you a real positive drive.

POSITIVE PEOPLE

Try to surround yourself with positive people that give off good vibes

and make you feel good at the same time. You know who those people are, this will keep your mood and energy up therefore you are more likely to feel like exercising.

GET UP AND GO

Training during the day or in the evening you are more likely to find an excuse to miss your training or find other things that seem more important at the time. Try your workout as soon as you get up, then it is done for the day and gives you a real sense of achievement plus puts you in a positive frame of mind from the minute you walk into work.

PODCAST

Change your mindset and boost your mood and energy by listening to an uplifting podcast that inspires you. It may be a motivational story, life event or something funny, whatever works to help to re-ignite you.

TRAINING FOR WHAT?

Train for a purpose, 80 per cent of people who start a regime without any sort of focus or goal fail. Keeping your mind set on something is



> David Fairlamb's Tynemouth Beach Bootcamp

massively important and short term goals are key eg dropping 4lbs of fat, training for a 5k run, aiming to be able to do 100 squats a day, raising money through exercise. Whatever it takes, find something to hold your focus.

TRAIN IN A GROUP

It has been proven training within a group makes you work harder, provides quicker results and is more

sustainable. It not only improves your mood through exercise but also through the camaraderie and social aspect of the group.

VARIETY

Most of you will have your go-to exercise workout which is great but if you do not try anything else you will never know the positive impact it may have. Our VersaClimber classes are totally unique with noth-

ing like it anywhere else.

WORKING WITH A PROFESSIONAL

Having that accountability and constant variation by working with a professional works. It also means you do not have to think about how and what you need to be doing. Also by booking an appointment you are far more lightly to stick to it.

TEACH YOURSELF

Teach yourself to be positive, some days are much tougher than others but we all need to continue to look at the positives and do as much as we can to push through those tough days. Holding onto your strong routines and learning that giving in, is not an option.

THE KEY TO FEELING GOOD PROMOTING MOTIVATION

Eating the right kind of food is absolutely key to feeling good every day. Eating fresh natural foods, in other words what our bodies are designed to eat is your ultimate motivational tool to hold your focus and motivation throughout life.