



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

Make a choice in life to be more positive and less critical, this will immediately create good vibes for you and those around you

FITNESS TIP

Exercise is the number one thing to add to your daily/weekly list to improve your positivity and mental health

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

FEEDING of the positivity of others is something we should all take advantage of.

We all have good and bad days but we all need to control our emotions and stay in a strong mindset as much as possible while also learning how to push through the harder times.

There are many positives we can look at and draw energy from to give ourselves that timely boost that lifts us when we need it. Taking time to focus on the positives rather than jumping on every negative is key to a strong mindset.

Sometimes we have to step back and reset our minds.

Here are a few examples of things we can draw energy from:

- The incredible women's European football win has given the country a monster boost and feel-good factor. I hope this result can be a real catalyst for the younger generation to become more active and push more girls into exercise and competitive sports.

- The lows of Covid are behind us and we can look positively to the future and feed from others positive response to being able to roam freely again.

- This is the first summer for more than two years that many will be jetting off abroad so that has given many of us a real buzz.

- Being able to finally spend quality time face to face with friends and family, coinciding with this fantastic bout of hot weather has certainly boosted people's morale.

- Enjoying time out in the fresh air and taking in the North East's stunning scenery is one of those things in life that we may take for granted and we often fail to appreciate how big an impact it has on our mood and confidence.

- Exercising to boost your endorphins and your mental health is a must.

- Uplifting music can give you a real spark and immediately boost your mood, find something that works for you and feed from its energy.

- Podcasts, just like with music, can help you find your mojo and set your mind to think in a different more positive way.

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Happiness is a mood. Positivity is a mindset

Motivational quote of the day