



David Fairlamb

THE FIT FACTOR

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

THE incredible 70 years service our amazing queen has devoted to this country has quite rightly been admired throughout the world and I'm sure it will continue for a long time to come, for many the sense of loss is real.

There are many strong attributes in her character that we can all learn from, and then you start to realise, maybe it wasn't just the fact she was the Queen that gave her that incredible aura. Here are just a few of those attributes:

■ **Sense of calm** - The Queen always held on to her emotions and never flickered in any situation, you always felt she was strong and reliable. We can all learn from this.

■ **Fun** - Having fun and showing a smile puts others at ease and helps you feel good, she had this in abundance. Having a good sense of humour helps in life, every day.

■ **Consistent** - For the last 20 years, until recently, when you saw the Queen on TV she looked and acted exactly the same. Most people crave that sort of consistency. It gives you comfort and a sense of control. She certainly gave that throughout her 70-year reign.

■ **Hard-working** - To see the Queen still working up until her death was incredible

and shows her dedication, work ethic and drive to keep going until the bitter end.

■ **Dedication** - Making that oath in her 20s to dedicate her life to her role as queen and not wavering until the day she died is an incredibly awesome achievement. We all just expected her to be there through our lifetime and the fact she is no longer with us makes many people question their mortality. We can learn a huge amount from her dedication and focus.

■ **Social awareness** - The Queen spent 70 years meeting every walk of life, from pretty much every country and she was a master of it.

No matter who you are, learning to communicate is essential. Too many of the younger generation are struggling in day to day conversation and basic eye contact because they spend most of their spare time online.

The Queen moved with the times, and embraced technology but in her lifetime it's estimated she met over a million people.

Human contact is vitally important.

■ **Respect** - Many of the above attributes gain respect from others but also gives you self-respect.

Our Queen will be missed but never forgotten.

> Queen Elizabeth II during the Royal visit to the Natal National Park in a picture issued to mark her 21st birthday. The Queen pledged at the age of 21 that she would serve as monarch for her entire life

