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THE FIT FACTOR

LIFESTYLE CHANGE

Kick-starting some of these new habits and keeping them at the forefront of your mind, will give you that inner confidence knowing you are looking after yourself, promoting longevity of life.

FITNESS TIP

Exercising consistently throughout the year, rather than all or nothing for a few weeks, holds your focus and mindset. You are also continually benefitting from that regular endorphin feel-good rush.

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

IF you are looking to build a healthier more energised lifestyle whilst boosting your self-confidence, here are some of my tips to get you kick-started:

Regular exercise

Regular exercise is your key to longevity of life and ultimate health. Even a small amount of exercise makes a monster difference to the way you look and feel both physically and mentally. Find a way of adding it into your life.

You can't out train a bad diet

You can't out train a bad diet. Therefore the combination of regular exercise alongside a sensible diet, one that can be maintained, has never failed with any client over 25 years when followed correctly.

Lose your energy slumps

Lose your energy slumps by eating what our bodies are designed to eat - take yourself back to palaeolithic days. Cut out processed food and look to consume fresh natural food - lean meats, fish, vegetables, fruit, eggs and water are your go-to foods and drink.

Ditch refined sugar

Ditch refined sugar (or as I call it white death) - you are effectively poisoning your body and I believe sugar is the number one cause of obesity in the world.

Analyse how much sugar you are consuming daily and look to make changes if needed. The recommended daily allowance is 7 teaspoons a day for an adult (28 grams).

Alcohol

Two glasses of wine per day for a year adds up to a mammoth 110,000 calories, that's 31lbs of fat. Be aware of how much alcohol you consume and tweak things if needed.

Shopping List

If you are looking to lose weight, starts with your shopping list and make healthier choices. Cut out all snacks between meals and make sure you consume zero-sugar drinks, most contain more than your recommended daily sugar allowance.

Exercise in a group

Exercising in a group is proven to work and the social interaction helps

with self esteem and focus.

Goals

70% of people who start on an exercise/diet regime, without a goal, fail. Set short and long-term goals - they work.

Endorphins

A combination of aerobic exercise and strength will help with weight loss/strength/posture and the endorphin rush will leave you energized with a positive mindset.

Be accountable

Be accountable by having your progress checked. This will hold your focus and give you that sense of achievement.

Exercise and healthy foods go hand in hand. Here are just a few examples of why you should prioritise this part of your life:

- Positivity
- Weight Loss/muscle gain
- Improved self-confidence
- Greater energy
- More productive day
- Better sleep patterns



> Hold yourself accountable by exercising in a group