



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

Everyone has their own individual way of being inspired or motivated. Try to find something that works for you. This can be a great tool, not only with exercise but in anything in life. We all need a boost from time to time, be positive in the way you think.

FITNESS TIP

Have that power song ready to play at any time during your workout to give you an extra boost of energy. This will help push you towards a strong finish.

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

WHEN you are exercising, whether it be a daily walk or a hardcore workout, the principle of the way you think or approach your routines can keep you consistently motivated.

Here are a few tips to help you modify your workouts and to stay positive during your sessions:

- Plan a short sharp workout, make sure you work hard and keep the intensity high throughout, 30 minutes max after a warm-up. This will leave you buzzing with time to get on with your day.

- If you are feeling slightly jaded, pick a routine that you really enjoy, your mindset will quickly reset to positive and boost your feel-good energy levels.

- Work at a quicker pace to your norm and learn to push yourself that little bit more out of your com-

fort zone. This will give you a huge sense of achievement and leave you wanting to improve further next time.

- Put your favourite piece of music on repeat, this will help inspire you to move up a gear improving performance.

- A combination of cardio and strength sessions can help break the monotony of a long workout. Mix things up, it's all in the planning.

- Use one session to specifically check your technique, if you are not sure, seek help. Ten strength exercises executed using the perfect form will be safer and more effective than 30 incorrect. This will improve performance and isolate the muscles you are trying to target -yet another motivator for you.

- Finish the workout you set. Skipping the last 3 seconds of an interval or the last 3 reps of a set, can lead to bad habits.

- While working out aerobically think about something happy and positive this will help take your mind away from your training. If your mind stays strong your body will respond.



> Music might give you that extra boost when you're struggling to finish your exercise

- If you are struggling through a workout, try thinking about a sporting event that inspired you - this will help re-ignite your energy, in order to complete your session.

Everyone has their own individual way of being inspired or motivated.

Try to find something that works for you. This can be a great tool, not

only with exercise but in anything in life. We all need a boost from time to time and in many cases it doesn't take much to start becoming more positive in the way you think.

*Let exercise be
your stress
reliever – not food*

**Motivational quote
of the day**