



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

If you are being more conscious about healthy living, try to encourage your partner or work colleague to join you. The positive mental and physical impact could be huge for both of you.

FITNESS TIP

Make training enjoyable. If you are training for health, then pick and choose what you enjoy doing. A combination of cardio and resistance work will give you an overall body

workout and should leave you feeling more positive both physically and mentally. Training for fitness or an event involves a much more specific and focused form of training.

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

IT is easy to become blinkered about believing you have a healthy lifestyle, when in reality you have unhealthy eating habits and take very little exercise. You can't live on the theory that because you were fit 20 years ago, you are still invincible.

Most people will know a friend, work colleague or family member who thinks exercise is a waste of time, mainly because they don't do it. Plus they eat badly and explain how it hasn't done them any harm over the years and insist they are still fairly healthy. This is a classic head in the sand scenario and in many cases the real truth is somewhat different.

If you are worried about someone you know and think they actually need help, here are a few suggestions on how to approach the situation without upsetting them:

- Entice them to go with you to a fitness class. One class may well give them a sense of reality and ignite them to continue.

- Show some exercises you have been performing at the gym - eg squats, lunges, etc - let them try and see how they feel. On the back of this,

if they enjoyed it, buy them a voucher for one of your fitness sessions and make sure they go with you.

- Explain you are on a fitness kick and need a partner to help keep you motivated. Ask them to join you for walks/runs - this may well give them a shock at how unfit they are and motivate them to kick on further

- Christmas is coming - buy them a voucher for some sort of wellbeing. Rather than going for a tough form of training, why not start with a more gentle introduction and book a consultation with a trainer? We do consultations and look at your whole lifestyle - food, exercise, body statis-

tic readings (body fat, lean weight, water levels, metabolic age, fat around the major organs) and injuries to name a few. We look at the bigger picture and advise on a full wellness programme that will suit you best.

- If it's a colleague or family member, you could try to approach the health and longevity of life issue. Some may admit their quality of life is already being affected and they just need a gentle push in order to make some changes.

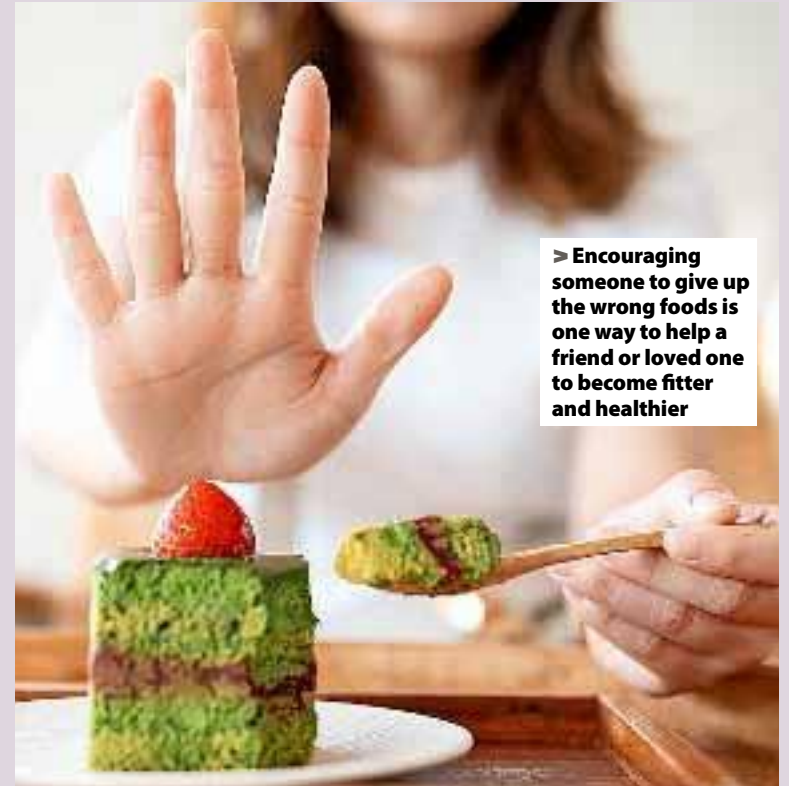
- If it's a partner or work colleague, make a pact to start eating healthy meals together. Eating one nutritious filled meal a day is a good start and will have a positive impact over time.

- If it's someone close, offer to help. Work on changing everyday habits that are impacting their weight or healthy living - eg four slices of bread a day is 1,460 a year or two glasses of wine a day is equivalent to around 30lb of fat. These along with other habits can be changed, leading to a healthier day to day lifestyle.

By approaching the situation sensibly, you may well receive a positive reaction.

Create a life that feels good on the inside, not one that just looks good on the outside

Motivational quote of the day



> Encouraging someone to give up the wrong foods is one way to help a friend or loved one to become fitter and healthier