



# David Fairlamb

## THE FIT FACTOR

### LIFESTYLE CHANGE

With the cold weather arriving and the added pressure of the build up to Christmas our bodies can become run down so boost your Vitamin C and Zinc intake and eat more fruit and vegetables – this will give you vital vitamins and minerals to help keep you well.

### FITNESS TIP

Squats and lunges are excellent body weight leg exercises. Try adding some weight even if you are training at home, it doesn't have to be heavy, you will progress in strength and help improve the shape of your legs.

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

**I**F you are looking to keep your weight under control and stay well, making the correct choices are key throughout the year but particularly at this time.

With the cold weather arriving and the added pressure of the build-up to Christmas our bodies can become run down.

Here are a few ideas on keeping you fresh and help strengthen your immune system:

- Boost your Vitamin C and Zinc intake during the winter months;
- Add Echinacea and Vitamin D to your supplemental regime;
- Christmas can be a time of overindulgence - make sure you pick the times where you know you are going to eat and drink more, enjoy them and then make sure you pull back on the other days;
- Be aware of unwanted calories eg snacks, nibbles and sugary treats;
- Cook with onions, garlic, black pepper, all spice and turmeric, they will help boost your immune system;
- Drink more water - your body

as a whole will function much better and therefore make you feel good and feel fresher;

- Use hand sanitiser to cut down your chances of a catching a virus;
- Exercise regularly, this will keep you strong and fresh - there is no reason to stop exercising outside, all you need is the correct clothing;
- Eat more fruit and vegetables, this will give you vital vitamins and minerals and help keep you well;
- Get the flu jab if you are eligible;
- If you are feeling run down, try to get an extra couple of hours sleep;
- Cherry Active from Active Edge is 100% natural Montmorency cherry, it's a huge antioxidant, anti-inflammatory and also contains melatonin which will help you sleep.

Once again it comes down to planning - all my ideas can be incorporated into your lifestyle. It's about making changes and sticking to them. Even by adding half the list and forming healthier habits will make a really positive impact.



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