



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

If you are looking to lose weight, remove all the sugary snacks, fizzy pop, cakes etc from your home, this will stop temptation. Replace with healthy options, start 2023 as you mean to go on.

FITNESS TIP

If you have just returned to the gym after a long break, be sensible, ease into this year and progress rather than working yourself into the ground, be patient.

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

2023 - a year to regain your fitness, shape, self confidence, self-esteem and in many cases happiness. Make those changes now and you could be transformed in a matter of weeks.

Making small everyday changes that are consistent, sustainable and become habits, can be life changing both in the short term in the way you feel and long term for longevity of life.

Here are just a few of my tips:

- My number one tip by far is to ditch refined sugar for both yourself and your family, fizzy drinks, cakes, chocolate, cereals to name a few need to be cut to a minimum or ultimately cut out of your diet altogether. Remember an adult recommended sugar intake is 32 grams (8 teaspoons) - there are 10 in a regular can of coke.

- Everyone is now surely aware of the dangers of sugar, the more you can control your intake the more weight you will lose and the better you will feel.

- Most of us eat way more than we burn off throughout the day, therefore if you are looking to lose some body fat, eat less. Cut out the

unhealthy snacks and eat natural foods which our bodies are designed to eat. You will be surprised how quickly and big a difference this will make.

- Rather than cut alcohol out for a month only to return to the same old routine, find ways of cutting back on a daily/weekly basis. Remember two large glasses of wine a day can equate to over 110,000 calories a year, which is well over two stones in weight gain. Pulling back on your weekly drinking could make a huge difference to your waistline.

- Look at your lifestyle and work out when you can exercise. Find a class or type of training which you will enjoy, suits your needs then make a commitment. Research shows those training without any form of focus or accountability makes things much harder, in fact

*A year from now
you will wish you
had started today*

**Motivational quote
of the day**

75% will fail. Set your targets and seek help if you need to, training in a group environment has proven to be the best way to get results.

- Have a default meal for when you are rushed. Instead of ordering a takeaway, eating unhealthy ready meals or snacking on rubbish, have a meal you can make quickly which is healthy e.g. omelette, tuna salad, ham and eggs. This, over time, could save you from consuming thousands of unnecessary calories.

- We seem to spend half our lives on our mobile phones, try making use of this time by walking while on the phone. Every bit of exercise adds up over the year.

- We are all going to have days where we are off track and out for the night e.g. birthdays, family occasions and certain nights out. They may take up 25 days a year, it's the other 340 that you need to focus on, that's a huge amount of time to stay focused throughout the year.

- Be positive every day, glass half full rather than half empty gives you that feel good factor. Treat yourself and your body well throughout 2023.

