



## David Fairlamb

# THE FIT FACTOR

### LIFESTYLE CHANGE

Putting your trainers on and training with a friend outside will cost you nothing. It's all about encouraging each other in a positive way and reaching targets together.

### FITNESS TIP

Intensify your outdoor walk or run by adding steps or hills into your routine. As you improve, add more repetitions or increase your pace over a shorter number. You'll soon see a big improvement in your fitness and leg strength.

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

**T**HERE is no getting away from it – losing weight and living a consistently healthy lifestyle takes plenty of thought and, of course, discipline.

How can you make it easier for yourself, to lose and maintain your weight and reach a point in your life where being healthy becomes the norm? I could list all the usual reasons you read in every weight loss article or blog, but I'm only going to talk about one – training with someone or in a specific group.

Training on your own and being able to stick to a high level of commitment on a regular basis is extremely tough. However, being accountable with both your fitness and diet will lead to quicker results.

#### Personal Training/body transformation groups

My personal training clients and six-week body transformation groups are accountable with their food every week and they have their body statistics taken week one and six. This holds their focus and once they have hit their fitness and body fat targets, maintaining becomes much easier.

#### Dramatic Results

The dramatic results throughout my 25 years as a trainer proves working with a professional and people with like minded goals makes a big difference.

#### Routine

We can all find excuses not to train or make changes, but where will that get you? It's all about making time for your health and finding a routine that fits into your lifestyle. I have many clients who

*If you want to make changes, it's not about finding the time to exercise and eating well, it's about making the time*

**Motivational quote of the day**

have been training with me for over 25 years and still have the same time slots every week. They have embedded the training in to their life and it works.

#### Making training cost-effective

Putting your trainers on and training with a friend outside will cost you nothing, it's all about encouraging each other in a positive way and reaching targets together.

Personal training is not as expensive as you think if you are sensible. Why not look to book a session once a month to complement your training? Together you can set goals and seek advice for the following month. You can also have all your stats and food analysed to keep you focused.

Bootcamps are another way of supplementing your training, my Beach Bootcamps on Tynemouth Longsands are pay as you go.

Work, kids, and a million and one others things to do often means you neglect your own health and wellness. It's maybe time to step back, take a look at your day-to-day lifestyle and if you really want to make changes, you'll find the time.



**> Exercise doesn't have to cost money; commit to a weekly walk with a friend for starters**