

NEED A KICKSTART?

If you are looking to build a healthier more energised lifestyle whilst boosting your self confidence, here are some of my tips to get you kickstarted:

Regular Exercise: Regular exercise is your key to longevity of life and ultimate health. Even a small amount of exercise makes a monster difference to the way you look and feel both physically and mentally. Find a way of adding it into your life.

You can't out train a bad diet: You can't out train a bad diet therefore the combination of regular exercise alongside a sensible diet, one that can be maintained, has never failed with any client over 25 years when followed correctly.

Lose your energy slumps: Lose your energy slumps by eating what our bodies are designed to eat- take yourself back to palaeolithic days. Cut out processed food and look to consume fresh natural food - lean meats, fish, vegetables, fruit, eggs and water are your go to foods.

Ditch refined sugar: Ditch refined sugar (or as I call it white death) you are effectively poisoning your body and I believe sugar is the number one cause of obesity in the world. Analyze how much sugar you are consuming daily and look to make changes if needed. The recommended daily allowance is seven teaspoons a day for an adult (28grams).

Alcohol: Two glasses of wine per day for a year adds up to a mammoth 110,000 calories, that's 31lbs of fat. Be aware of how much alcohol you consume and tweak things if needed.

Shopping List: If you are looking to lose weight it starts with your shopping list, make healthier choices. Cut out all snacks between meals and make sure you consume zero sugary drinks, most contain more than your recommended daily sugar allowance.

Exercise in a group: Exercising in a group is proven to work and the social interaction helps with self esteem and focus.

Goals: 70% of people who start on an exercise/diet regime, without a goal, fail. Set short and long term goals - they work.

Endorphins: A combination of aerobic exercise and strength will help with weight loss/strength/posture and that endorphin rush that goes with it, will leave you energized with a real positive mindset.

Be accountable: Be accountable by having your progress checked. This will hold your focus and give you that sense of achievement.

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DAVID'S SUMMING UP

Exercise and healthy food go hand in hand promoting physical wellbeing. Make changes now and give yourself the best opportunity of staying in good health for longer, therefore continuing to do the things you enjoy most.



David Fairlamb