



## David Fairlamb THE FIT FACTOR

### LIFESTYLE CHANGE

If you are stressed finding time to train is a necessity for your health and wellbeing, we can all find 15-30 mins a couple of times a to help boost our positivity.

### FITNESS TIP

The good news is that any exercise for any length of time can help reduce stress levels, therefore, pick something you enjoy and add it to your weekly lifestyle.



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

THE vast benefits of exercise are helpful in so many areas and go way beyond big muscles and an improved cardio system.

For those who take part in any workout, you will know that post workout endorphins have an immediate impact on your mental health. But working out does more than a short term feel good fix as it can help you beat stress in the long term too.

Latest stats show that over 80% of adults have been so stressed at some point over the last year, they felt overwhelmed.

So how can exercise combat stress?

Regular exercise is associated with reduced levels of tension, an elevated mood, better sleep and improved self-esteem which all impact how you perceive and manage stress.

Exercise stimulates the release of serotonin, dopamine and oxytocin all of which yield positive effects on the brain and act as natural painkillers to make you feel happy.

We should all make time for regular

sion.

Regular exercise helps lower adrenaline and cortisol, which are released from our adrenal glands. These have a negative effect on the body and mind, including physical effects such as increasing the risk of high blood pressure or diabetes.

Also, we need to think about the social and psychological reasons why exercise is good for stress reduction. It is a way to be outdoors and around other people with similar interests and this interaction gives you a sense

exercise to reduce stress as well as use it as an instant happiness booster. While one off sessions have been linked with a decrease in stress, it's regular exercise that has shown to be the most beneficial at reducing ten-

of community, positivity and self worth.

The good news is that any exercise for any length of time can help reduce stress, so pick something you enjoy and add it to your weekly lifestyle.

It is much more important to do something you enjoy, rather than something that's been prescribed for you. If you don't enjoy what you're doing, it is probably going to increase your stress levels, rather than reduce them.

*Tough times never last  
– tough people do*

**Motivational quote  
of the day**

If you feel you are under a huge amount of pressure and are already finding it hard to cope, slotting in time

for training might feel too much to take on. However, along with managing stress, it's about managing time. We can all find 15 to 30 minutes a few times a week to exercise, especially when you know how important it is for your wellbeing. Once exercise has become habitual, it will be easier to stick to your training, even during times of high stress.

