



## David Fairlamb

# THE FIT FACTOR

### LIFESTYLE CHANGE

Why not challenge yourself more? It always gives you a sense of achievement to push yourself out of your comfort zone and try something new.

### FITNESS TIP

Mix up your training and find ways to be more efficient and effective to gain the most out of each session.

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

**A**RE you finding it difficult to stick to your exercise routine? Whether it be lack of time, lack of motivation, or even injuries, these are common barriers that many people face when trying to maintain a healthy lifestyle. But there are ways to overcome these obstacles and get back on track.

#### Outdoors

One solution is to utilise the great outdoors. Joining our Tynemouth Beach Bootcamp is a fun and invigorating way to exercise, with the added bonus of being surrounded by nature. Not only will the fresh air and beautiful scenery provide a refreshing change of pace, but the sand can also add an extra level of difficulty to your workout. Plus, the sense of community and accountability that comes with group fitness classes can provide the extra push you need to stay motivated.

#### Lack of Time

Another way to overcome lack of time is to incorporate exercise into your daily routine. Instead of thinking of it as a separate task that takes

up precious time, try to find ways to make it a natural part of your day. For example, you could cycle to work or take the stairs instead of the lift.

Every little bit counts, and by making small changes like this, you'll be surprised at how quickly they add up.

#### Injury setbacks

Injuries can also be a major roadblock when it comes to exercise. But instead of letting them hold you back, use them as an opportunity to try new forms of exercise.

For example, if you have a knee injury, swimming or cycling may be a better option than running.

If possible, seek help from a personal trainer or physiotherapist to ensure that you are performing exercises safely and correctly.

Non-weight bearing exercises are often the way forward. Our 30-minute VersaHub classes in our unique VersaHub are hugely motivational, generating massive calorie burn without any pressure on your joints, creating that perfect specific muscle and cardio workout you are looking for.

#### Motivation

Lack of motivation is something that we all struggle with at one point or another. The key is to find activities that you enjoy and make them a regular part of your routine. Whether it's joining a sports team, dancing, or even just taking a walk with a friend, make sure to schedule it into your week and make it non-negotiable.

#### Be Patient

It is important to be patient and not get discouraged if you have setbacks. Celebrating small victories along the way can help you stay on track and reach your ultimate fitness goals. Remember, consistency is key, so make exercise a priority and stick with it.

Overcoming common exercise barriers such as lack of time, lack of motivation, or injuries may seem daunting, but by utilising the great outdoors, incorporating exercise into your daily routine, experimenting with different forms of exercise, and finding activities that you truly enjoy, you will be well on your way to achieving your fitness and wellbeing goals.



► David's Saturday morning Beach Bootcamp on Longsands, Tynemouth