

## LIFESTYLE CHANGE

During the summer months why not change the association of just sitting in front of the TV every night. If you are looking to change the way you look and feel, use the great outdoors and get yourself out in the fresh air and do some exercise. You will feel much better and more positive.

## FITNESS TIP

Core exercise does not just mean your stomach – it includes your pelvis, lower back, hips and abdomen. Strengthening this area will lead to better balance and stability whether in sport or just daily activities. Make sure you concentrate on keeping this area strong.



# David Fairlamb THE FIT FACTOR

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**D**AYLIGHT hours are getting longer and the thought of attending a stuffy gym becomes further and further from your mind – it's around now that panic sets in as your holiday is only a couple of months away and all the resolutions, gym work and sensible eating that you promised yourself through the winter, once again, has ended in the same result.

This will ring true for many people; the good news is it's never too late to make changes and here are a few ideas to get you motivated and torch some calories in the great outdoors this summer:

**Stairs** – find some steep outdoor stairs and after a good warm up, power up or a quick walk, depending on your fitness level and walk down as a recovery. Repeat six to 12 times. It's a brilliant heart rate and

fat burner workout.

**Beach/Grass sprints** – Try to find a flat joint-friendly surface with a bit of give, such as a beach or grass, and measure around 40-80 metres. After a decent warm-up, work on your speed with short sharp sprints, walk back as your recovery. Look to complete 10-20 times.

**Lamp posts** – Seek a good route that has regular lamp posts, focus on your speed and strong technique for two lamp posts, followed by a slow jog for four. This type of training keeps your heart rate high throughout the session, and as you never fully recover between the sprints is excellent for endurance.

**Paddle boarding** – A great form of exercise and it's becoming more and more popular. This is excellent for increasing core strength, balance and is surprisingly tough on

your breathing when you really go for it! Being out on the water also gives you a great sense of freedom and will leave you invigorated.

**Beach Bootcamp** – My Tyne-mouth, Beach Bootcamps are hugely popular and cater for all ages and levels of fitness. There is no competition with anything we do, as everything is geared on a set time, therefore you can work as hard as you feel. Of course, the beauty of Tyne-mouth, Longsands makes it one of the best places to train in the region.

Exercising outdoors has many benefits, including boosting serotonin levels and providing varied terrain and wind resistance that can improve fitness and burn more calories. With the North East having some of the most beautiful beaches, countryside, and parks in the country, you're spoilt for choice when it comes to finding new places to train.

During the summer months, why not change your habit of sitting in front of the TV every night? By using the great outdoors and getting some exercise, you'll feel much more energised and positive.



➤ A rainbow over Longsands during one of David's beach bootcamps

*There are 1,440 minutes every day, that means we have 1,440 daily opportunities to make a positive impact*

**Motivational quote of the day**