



David Fairlamb THE FIT FACTOR

LIFESTYLE CHANGE

Consistency in your training and life will promote results. Commit to a training regime and make it part of your life

FITNESS TIP

MIXING your training up or working in a group stops your training becoming stale and helps you retain focus while also adding a more social side.

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



> Tynemouth beach bootcamp

IF you consider yourself a non-athlete and simply want to exercise for the sake of your health and weight management, the gym environment can be intimidating. The sight of weight racks and large dumbbells may be enough to make you turn around and head back home to the comfort of your couch.

However, there are numerous physical activities that are beneficial for your body and don't require a gym membership, such as walking, attending my Tynemouth beach bootcamp, practising yoga, or swimming. These workouts can have remarkable effects on your health. They help you maintain a healthy weight, improve your balance and flexibility and strengthen your bones.

In the North East, there is a wide variety of exercise options and classes available, allowing you to choose something that you enjoy and that suits your needs. Regardless of age or fitness level, engaging in these activities can help improve your physique, reduce risk of disease, and significantly enhance overall well-being.

Walking

Walking is simple and has many benefits including improved cholesterol levels, strengthening bones, keeping blood pressure in check, lifting mood, lowering your

risk for diseases such as diabetes and heart disease, and it burns calories. Studies have shown walking and other physical activities can improve memory and resist age-related memory loss.

Try to improve your speed and add resistance such as steps or hills if you want to progress your fitness level quicker.

Beach bootcamp

My Tynemouth beach bootcamps suit any size, age and level of fitness. I design them this way for that reason and they work. Apart from lockdown we have not missed a Saturday morning bootcamp since we started in 2006.

We have clients from Olympic athletes, to those with new hips, knees and some who never thought they would join an exercise class - all in the same session.

There is no competition in anything we do - everyone works to their own ability in the time allowed. So, one person may do 50 of a designated exercise while some-

one else may do five, it doesn't matter - it's all about doing your best and feeling good about yourself. The combination of cardio, strength, balance, coordination, body weight exercises on the stunning Tynemouth Longsands beach gives you a huge physical and mental boost of energy.

Yoga

The health benefits of yoga are endless and are especially good for your heart. The poses and deep breathing help the heart do its job by increasing blood flow throughout the body and improve your entire circulatory system. It can also help lower blood pressure and bad cholesterol, and increase bone density.

On the mental side, yoga increases body awareness, relieves stress, reduces muscle tension, strain and inflammation, sharpens your concentration and keeps you calm.

Swimming

Swimming can be the perfect workout. The water supports your body and takes the strain off painful joints, therefore is good for individuals with arthritis. Buying a running harness will keep you upright in the water and allow you to run smoothly with gentle resistance. This is the perfect way to exercise back to fitness after an injury.

I want to see what happens when I don't give up

Motivational quote of the day



£5 OFF N°7 FUTURE RENEW RANGE at Boots

Discover the world first peptide technology from the UK's No7 skincare brand. After 15 years of scientific research, No7 brings you a brand new range, Future Renew powered by peptide technology...

Choose from No7 Future Renew Serum 30ml & 50ml, Future Renew Night Cream 50ml, Future Renew Day Cream SPF40 50ml and Future Renew Eye Serum 15ml to rehydrate and renew your skin. So don't miss out, try the range that everyone is talking about!

HOW TO CLAIM

Cut out the voucher below and use at the till alongside your chosen product from the Future Renew range in Boots stores.



£5 OFF N°7 FUTURE RENEW

Valid until Sunday 2nd July 2023

To claim this offer, present this voucher at till with your qualifying product.

Terms and conditions: This offer is available in participating Boots stores. It is not available in online stores. The offer is available on the Future Renew range only. The offer is not available on products that are already on promotion. The offer is not available on products that are not in stock. The offer is not available on products that are not in the Future Renew range. The offer is not available on products that are not in the Future Renew range. The offer is not available on products that are not in the Future Renew range.





Pick up the N°7 Illuminated Makeup Mirror for just £20 **SAVE £34.99**

See your skin in a true light with this double sided, illuminated No7 mirror. Designed to eliminate shadows and glare, this mirror has been developed and tested by our in-house specialists for a product you can trust. With a dimmer switch for various lighting settings, as well as a swivelling motion for the perfect position, don't miss your chance to pick up this beauty essential for only £20.

N°7 ILLUMINATED MAKEUP MIRROR FOR £20

Valid until Sunday 2nd July 2023

Available at participating Boots stores. See your skin in a true light with this double sided, illuminated No7 mirror. Designed to eliminate shadows and glare, this mirror has been developed and tested by our in-house specialists for a product you can trust. With a dimmer switch for various lighting settings, as well as a swivelling motion for the perfect position, don't miss your chance to pick up this beauty essential for only £20.

