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THE FIT FACTOR

LIFESTYLE CHANGE

Try to venture outside your comfort zone by conquering a new challenge, your self-confidence will then receive a huge boost. This newfound confidence will then extend into other areas of your life, making you more willing to take on new challenges in and out of the gym.

FITNESS TIP

Pushing the fitness boundaries and learning to go that little further or harder can make a big positive difference, not only physically but also mentally and can be learnt at any age. Next time you are training try to do that extra set or run a bit harder, it will be rewarding.

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FITNESS is not confined by age, and neither should be the willingness to step out of your comfort zone.

Pushing the boundaries and learning to go that little further or harder can make a big positive difference, not only physically but also mentally and can be learnt at any age.

The comfort zone is that cosy place where we perform exercises and routines that are familiar, easy, and non-challenging. It's where we feel safe, but ironically, it's also where our progress often stagnates.

The thought of pushing beyond this zone can be daunting but the benefits will override this.

■ PHYSICAL BENEFITS

Enhanced Strength and Endurance

Stepping out of your comfort zone in fitness means tackling new exercises, heavier weights, shorter rest periods or longer distances. This gradual increase in intensity helps build strength and endurance. Whether you're lifting heavier dumbbells or running an extra distance, you're pushing your limits and will see improvements.

Improved Flexibility and Balance

Trying new activities, such as yoga or Pilates, challenges your body in different ways. These exercises emphasise flexibility, balance, and core strength, which are essential for preventing injuries and promoting recovery, especially as we age.

Weight Management

Variety in your workout routine can help overcome weight plateaus. Pushing out of your comfort zone by introducing high-intensity interval training or resistance training can supercharge your metabolism and boost weight loss.

Bone Health

Weight-bearing exercises, like strength training, help maintain and improve bone density. This is crucial

to introduce as we age because it reduces the risk of osteoporosis and fractures.

Heart Health

Engaging in cardio workouts outside your comfort zone promotes cardiovascular health. It strengthens the heart, lowers blood pressure, and reduces the risk of heart disease.

■ MENTAL BENEFITS

Boosted Confidence

Every time you venture outside your comfort zone in fitness and conquer a new challenge, your self-confidence receives a boost. This newfound confidence can extend into other areas of your life, making you more willing to take on new challenges in and out of the gym.

Stress Reduction

Exercise, in general, is a powerful stress-reliever. When you push yourself, the body releases endorphins, creating a sense of euphoria and reducing stress and anxiety.

Mental Resilience

Overcoming physical challenges can build mental resilience. You learn to embrace discomfort and understand that it's a necessary part of growth



> You need to step out of your comfort zone to feel the physical and mental benefits

Exercise evokes more initiative, more energy and more happiness

Motivational quote of the day

plus learn to deal with it. This mindset can help you face life's challenges with more confidence.

Sharper Cognitive Function

Regular exercise, especially when it includes diverse activities, has been linked to improved cognitive function and a reduced risk of cognitive decline as we age.

Social Connection

Trying new fitness activities often involves joining classes or groups. This encourages social interaction reducing feelings of isolation and loneliness.

Embracing the challenge of push-

ing out of your comfort zone doesn't require drastic measures. It can be as simple as adding a new exercise to your routine, increasing weights gradually, or setting new goals.

The key is to have the will and determination to constantly challenge yourself

Whether you're 25 or 75, the journey to a healthier, stronger, and more resilient life begins with that courageous step out of your comfort zone. Embrace the challenge, and you'll find the rewards will be worth it especially with your new-found strength and self-confidence.