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THE FIT FACTOR

LIFESTYLE CHANGE

Try to change your exercise habits by walking or cycling to work. The amount of extra calories burnt per week could make a huge difference to your waistline and of course your fitness levels.

FITNESS TIP

Summer gives you much more opportunity to try some outdoor training which is unique and different. Give yourself and your body a change of training.

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

AFTER enjoying a well deserved holiday it's time to refocus on your fitness goals, healthy eating habits, and daily routine.

It's important to remember not to feel guilty about enjoying yourself while on holiday, remember that's one of the reasons you train and work hard. Instead, look for balance as you return to your regular routine.

Here are some tips to help you get back on track and feel motivated:

■ **Positive mindset:** Release any guilt or negative thoughts about indulging on your holiday. Remember that it's normal and healthy to enjoy your holiday, allow yourself to enjoy those moments and use them as motivation to get back into your training and healthy habits.

■ **Set realistic targets:** Start by setting realistic and achievable goals for yourself. Whether it's maintaining your current fitness level, improving your strength, or simply getting back into a routine, small realistic goals are what I recommend.

■ **Ease back into exercise:** Instead

of diving headfirst into intense workouts immediately, ease your body back into training gradually. This will allow your body to adjust and reduce the risk of injuries. Gradually increase the intensity and duration of your workouts over time.

■ **Create a balanced workout:** Schedule Plan your workouts in advance and create a balanced schedule that includes a variety of exercises. Incorporate cardiovascular activities, strength training, flexibility exercises, and maybe even some new classes. This diversity will help you stay engaged and motivated.

■ **Support and accountability:** Enlist someone for support such as joining a fitness group, or consider seeking advice from a fitness professional. This will help kickstart your programme and provide motivation, encouragement, and accountability. Plus, it makes exercising more enjoyable.

■ **Prioritise nutrition:** Shift your focus back to balanced nutrition without feeling guilty about indulging during your holiday. Aim for



whole, unprocessed foods, plenty of fruits and vegetables, lean proteins, and healthy fats. Be mindful of portion sizes and natural healthy foods

which our bodies are designed to eat will soon have you feeling and looking great.

■ **Plan and prep meals:** Get back

into the routine of planning and preparing your meals ahead of time. This will make it easier to make healthier choices and avoid impulsive decisions. Dedicate a specific day each week to meal prepping, cook in batches, and store nutritious meals for the week ahead.

■ **Mindful eating:** Practice mindful eating by paying attention to your body's hunger and fullness cues, slow down and enjoy each bite. Minimise distractions during meal times, such as television or phones, and focus on nourishing your body with quality food.

■ **Sleep:** A good night's sleep plays a vital role in your overall well-being and recovery. Aim for 7-9 hours of quality sleep each night where possible.

■ **Hydration:** Drinking enough water is vital to health throughout the year but particularly in the summer months, aim for a minimum of two litres a day.

By approaching your post-holiday routine with a positive mindset and a focus on balance, you can transition smoothly into your training, healthy eating, and daily routine.