



## David Fairlamb

# THE FIT FACTOR

### LIFESTYLE CHANGE

Exercise has a hugely positive effect on how you feel and will help build your self confidence. Give yourself an endorphin boost by exercising outside, you may have forgotten how good you can feel.

### FITNESS TIP

Choose activities that bring you joy and make an effort to include high-intensity interval training workouts in your routine, this involves alternating between intense exercise and short recovery periods, allowing you to maximize calorie burn.

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

**W**ITH summer just around the corner, many of you will be striving to feel better about your body before your summer holiday. While sustainable weight loss typically requires time and dedication, there are several last minute tips that can help you shed those extra few pounds and feel more confident in your swimwear.

By incorporating healthy habits and making mindful choices, you can kick-start your weight loss journey and make noticeable progress before you go:

#### **Eat fresh and cut your portions**

The foundation of any successful weight loss plan lies in maintaining a balanced diet. Opt for nutrient-dense foods like fruits, vegetables, lean proteins and whole grains while limiting your intake of processed foods, sugary snacks and drinks.

Focus on your portion control, aim to eat smaller meals more frequently throughout the day, and avoid skipping meals, as it can lead to overeating later. Most people eat

way more than they need.

#### **Stay hydrated**

Proper hydration is essential for effective weight loss. Drinking an adequate amount of water helps curb cravings, boost metabolism, and flush out toxins. Replace sugary drinks and sodas with water, herbal tea, or infused water with fruits and herbs for added flavour. Aim to drink at least two litres of water daily and increase your intake during hot summer days or on training days.

#### **Prioritise exercise**

Incorporating exercise into your routine is crucial for losing weight. Opt for activities that you enjoy and try to incorporate high-intensity interval training workouts, which combine short bursts of intense exercise with brief recovery periods, to maximize calorie burn. Additionally, consider increasing your overall physical activity daily by taking walks or gardening to add greater calorie burn daily.

#### **More sleep**

Adequate sleep is often over-

looked but plays a vital role in weight loss. Lack of sleep disrupts hormones that regulates hunger, leading to increased cravings and overeating. Aim for seven to eight hours of quality sleep each night to promote optimal weight management. Establish a bedtime routine and limit screen time before bed to enhance your sleep quality.

#### **Alcohol consumption**

Alcoholic drinks are often high in calories and will sabotage your weight loss efforts. Cocktails, beers, and wines can add significant calories to your daily intake without providing much nutritional value. Opt for lower-calorie alternatives such as light beers or spirits mixed with calorie-free mixers. Additionally, be mindful of portion sizes and try to alternate alcoholic drinks with water to stay hydrated and reduce overall calorie intake. Of course cutting alcohol out altogether leading up to your holiday will promote the best results.

#### **Manage stress levels**

Stress can have a significant



impact on weight gain and hinder your weight loss progress. When you're stressed, your body releases cortisol, a hormone that can increase cravings for unhealthy foods. Find healthy ways to manage stress, such as practising relaxation techniques like deep breathing, yoga or meditation. Engage in activities that bring you joy and spend as

much time as possible with the people who make you happy. By managing stress effectively, you can prevent emotional eating and maintain a healthier mindset towards your weight loss goals.

By incorporating these tips into your weight loss plan will significantly help you lose weight and feel better about yourself this summer.