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THE FIT FACTOR

LIFESTYLE CHANGE

Exercise is hugely important, at any time, in order to stay consistently positive, happy and focused. Make sure you adapt your daily routine for you and your family to include some form of exercise, especially as the kids are off for the summer.

FITNESS TIP

If you are short of time, try to work big muscle groups – e.g. by walking up and down stairs you will raise your heart rate, strengthen and improve your mobility and core stability.

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

TRAINING for health and training for fitness may sound similar, but they involve distinct approaches and objectives. While they both involve physical activity and exercise, they have different focuses and outcomes.

Training for health focuses on overall well-being, disease prevention, and functional capabilities.

On the other hand, training for fitness revolves around improving athletic performance, increasing strength and endurance, and achieving specific physique goals.

When training for health, the main objective is to promote overall well-being and reduce the risk of chronic diseases, as well as aid in longevity of life and in being able to do the things you enjoy for longer.

Exercises that enhance cardiovascular health, such as brisk walking, jogging, or cycling, are your main priority. These activities help strengthen the heart and lungs, improve blood circulation, and maintain healthy blood pressure and cholesterol levels.

Additionally, resistance training, using weights or bodyweight exer-

cises, helps build and maintain muscle mass, which is crucial for metabolic health, joint stability, and maintaining a healthy body weight.

Functional training, another aspect of training for health, focuses on improving daily activities and movements. Exercises like squats, lunges, and planks are incorporated to enhance balance, flexibility, and core strength.

Functional training enables you to perform daily tasks with ease, reducing the risk of injuries, and improves overall quality of life.

Your food also plays a significant role in training for health. A well-balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats is essential.

Good hydration is also key to sup-

If you want to be taken seriously, be consistent

Motivational quote of the day

porting proper bodily functions and aids in recovery.

In contrast, training for fitness emphasises achieving specific physical goals, such as increased muscle mass, enhanced athletic performance, or improved aesthetics.

This approach often involves more intense workouts and specific training regimens. Strength training takes precedence, with exercises like heavy weightlifting, powerlifting, or high-intensity interval training (HIIT).

These activities focus on building muscle strength, power, and endurance, leading to improved athletic performance.

Fitness training aims to enhance performance in sports or specific physical activities, requiring speed, agility, and power and often includes following specialised diets or meal plans to fuel workouts and support muscle growth.

Protein consumption is often increased to aid in muscle repair and recovery, while carbohydrates are consumed to provide energy for intense training sessions.

In both training approaches,



recovery and rest are crucial. Adequate sleep, active rest days, and proper recovery techniques like stretching, foam rolling, and massage help prevent injuries and reduce muscle soreness.

Whichever way you look at it, any sort of training/movement is essen-

tial for your physical and mental wellbeing – and of course your quality and longevity of life.

If you are living a sedentary lifestyle this time of year is the perfect time to change your habits, stepping outside for a walk a few times a week is the perfect start.