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THE FIT FACTOR

LIFESTYLE CHANGE

If you have been grappling with weight loss for an extensive period, but with little or no change, it's time for a reality check. Embrace a fresh start and cultivate new, healthier habits in your daily life to pave the way for sustained and in many cases life changing results.

FITNESS TIP

As you push yourself during training, remain mindful of maintaining excellent technique and posture. Fatigue can lead to poor habits, therefore prioritise holding proper form.

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

MENTAL toughness might not be the initial thought when starting on a weight loss or fitness journey, but it is undeniably paramount for achieving and sustaining your goals.

Drawing from experience as a personal trainer of over 25 years, I have encountered pretty much every excuse, some that may sound all too familiar:

"It was a colleague's birthday at work and I couldn't resist having some cake."

"I had a dessert last night, but I convinced myself it was just one bite."

"I'm exhausted after a hectic day at work - I'll skip the gym tonight."

"One biscuit a day won't make any significant difference."

"I've been disciplined all week, so I'll treat myself over the weekend."

"I can't drink tea or coffee without sugar; it's a habit."

"But I always indulge with a takeout over the weekend."

"I work out four times a week, so I can eat whatever I want."

If you find yourself constantly

attempting to shed weight with little or no progress over extended periods, a harsh reality check is in order. Persisting with the same approach won't work, therefore a fresh start is needed and forming new, healthier everyday habits.

Initiate changes to your lifestyle and religiously track your food choices, pinpointing where improvements can be made. By replacing a few unhealthy options with healthy alternatives, you can make a significant difference.

Upholding mental strength throughout this journey will pave the way for consistent, positive changes that will, in time, give you those results.

Of course, challenges will arise, and external pressures may tempt you to veer off track, therefore

take pride in saying no and remind yourself that this transformation is for your benefit alone. Every time you resist temptations, you boost your mental resilience and enhance your positive outlook.

Remember, overeating and indulging

in unhealthy foods may come easily, but it is those who cultivate mental toughness that will see genuine and lasting changes. Their progress becomes a source of inspiration, propelling them towards quicker and more significant results.

Mental toughness is a skill that can be learnt during training. Pushing beyond your comfort zone brings an empowering sense of accomplishment and promotes that feel-good factor afterwards. Recognise that everyone operates within their own capacity and progress may vary for each individual. However, the ultimate key is positive self-belief, encouraging you to persist and go beyond your perceived limitations.

With this mindset, you will gradually train your mind to propel your body further, discovering new levels of strength and endurance. Embrace this approach as a means to stay focused and you will finish each workout with a real sense of achievement.

Remember that you alone hold the key to your dietary choices and lifestyle, therefore if you are looking to make changes a consistently positive mindset is hugely important.

Tough times don't last, tough people do

Motivational quote



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