



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

Do not be complacent – plan for your future now by forming healthier positive lifestyle habits, this way you will be able to continue doing the things you enjoy in life, for longer.

FITNESS TIP

At all times, especially when tiring during a workout, be sure to hold your form and technique. If you're not sure, ask a trainer or check your form in the mirror. It's far better to perform six exercises properly than 60 incorrectly.

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

ALTHOUGH overall life expectancy has been rising in recent decades, the years spent in good health have changed.

Living a healthy lifestyle in middle age can double an individual's chances of being healthy at 70.

These statistics do not make easy reading:

- Over 40% of deaths are related to lifestyle.
- Three out of four men and two out of three women aged between 45-64 are overweight or obese.
- Two-fifths of those aged between 45-64 are living with an illness.
- A third of men and half of women do not get enough exercise.
- Only a quarter of adults eat the recommended portions of fruit and vegetables per day.

For many people, the risk of dying early is high, and they face retirement struggling with ill health unless they change your ways.

The good news is this can be rectified very quickly by making some sensible changes that will not impact too much on your life.

There are the big obvious changes that I'm sure many of you have

heard a million times, and yes, they do work and it's important you make some changes. The extent of those changes is down to how big and quick a change you are prepared to make – it's easy to say you will do them, but you need to implement them into your lifestyle so they become habits.

Here are a few ideas to help you make a start:

- Exercise for 30 seconds an hour per day, yes 30 seconds! That equates to 12 minutes of exercise per day. I would challenge anyone who can't find that time.
- From now on, always take the stairs and try to run up them, avoid lifts and escalators.
- Try to add some running into your daily dog walk, it doesn't need to be quick – you can even run at walking pace.
- Most of us own mobile phones which will monitor your steps. Aim for 10,000 per day, this will keep you focused. If you've only managed 8,000 by the evening, challenge yourself to finish the steps rather than sit in front of the TV.
- When you are on your mobile,

instead of sitting and talking try walking around, this can potentially add a huge number of steps per day.

■ Preparation is the key – add more fruit and vegetables to your shopping list, double your protein not your carbs and buy smaller plates to eat from. These small everyday changes can make an immediate impact on a weight loss routine.

■ Walk/cycle to and from work if it's possible. If your lunchtime is short, even a 12-minute walk per day will get your 30 seconds an hour in and your calorie burn will add up over weeks and months. Before you know it Christmas will be here and you'll wish you had started today.

■ Seek out a challenge – there are many different challenges/events around the North East to suit everyone. Choose one that suits you – this will give you a huge incentive.

■ 75% of you that start a fitness/diet regime without a focus fail. Pick a sensible challenge or goal and make yourself accountable.

■ As a family, try new activities, eg volleyball, tennis or go for a walk and get some fresh air.

I have recently started a two-week



> One of my beach bootcamps on Tynemouth Longsands

Body Boost course. This comprehensive program includes a combination of all our top training sessions, a personalized nutrition plan plus three personal training sessions, all packed into a two-week window.

Two weeks is a perfect amount of time to give 100% focus and you can start it any time of the year as it is specific to you.

Every participant has lost body fat

and continues to experience a renewed focus with their newly formed habits. This course will give you a huge kickstart and new-found confidence and self belief in what you are doing.

As you get older, being mindful of your health becomes much more important. Improving your day-to-day lifestyle can not only put years on your life but dramatically increase your quality of life too.