



## David Fairlamb

# THE FIT FACTOR

### LIFESTYLE CHANGE

Break with tradition and go for a family walk after your Christmas dinner. Involve the younger and older family members and enjoy this festive event together.

### FITNESS TIP

Stay consistent with your exercise. High-intensity December workouts with short bursts of more intense exercise followed by brief periods of rest will maximize time and calorie burn, boosting your metabolism.

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

**C**HRISTMAS is nearly upon us once again, and with it comes the usual festive activities, extra treats, and celebrations that often involve alcohol.

While the temptation to indulge in festive extras is strong, maintaining (or starting) an exercise routine with one eye on your calorie consumption over the next few weeks will help keep you on track and take you into 2024 with a stronger and more positive mindset.

Here's a countdown to Christmas with a fitness plan that will help keep you in shape while still enjoying the festive season

#### Three weeks to go: Establish a festive routine

You can start your Christmas countdown by establishing a routine that will fit around any extra festive activities you may have planned.

Whether it's a morning jog, an evening gym session, or a midday power walk, find a time that works for you, we can always find the time if we are focussed enough.

#### Two weeks to go: Cardio Christmas

Exercise is key to burning those extra festive calories. Engage in activities like brisk walking, running, a group gym session or cycling to get your heart pumping. Plan a fun, festive workout session for nearer Christmas with friends or family. Our fancy dress Christmas Beach Bootcamp on December 23 will certainly get you in the spirit.

#### One week to go: Flexibility and relaxation

If with seven days to go you have stayed focussed with your efforts you will feel very proud. Now is the time to plan ahead so that you can enjoy your Christmas Day. Make sure you stock up on healthier vegetables and meats for Christmas and

*Being a role model is the most powerful form of educating*

**Motivational quote of the day**

think twice about the portions of desserts, cheese and chocolates you have in the house, to avoid too much temptation.

Keep an eye on your calorie packed festive drinks as there are lots of extra calories in rich cocktails and coffee shop festive drinks. Stay consistent with your exercise, high-intensity holiday workouts with short bursts of more intense exercise followed by brief periods of rest will maximize time and calorie burn boosting your metabolism. This could be as simple as repeated walking up and down a hill or stairs, this will promote more calorie burn in a shorter space of time.

#### Christmas Eve Calmness

Focus on relaxation and mindfulness take a peaceful walk/ practice deep breathing This will not only prepare you for the festivities ahead but also help you find a little bit of calm in the pre-Xmas chaos.

#### Christmas with an active twist

Wrap up and go for a family walk after your Christmas dinner. Involve the younger and older family mem-



> David Fairlamb holds beach bootcamps on Saturday mornings at 9am on Longsands, Tynemouth - and the one on December 23 will see those taking part give it a seasonal twist

bers and enjoy this festive event together. You'll be burning off calories whilst absorbing the atmosphere of Christmas with fellow walkers.

Balancing the festive spirit with physical activity will create lasting memories and ensure you return home refreshed and energized to enjoy the rest of the day.