



David Fairlamb THE FIT FACTOR

LIFESTYLE CHANGE

As the upcoming weeks may involve various parties and social gatherings, try to prioritize your health where you can. When you have days off, be sensible with your food choices, even if you have an evening event, be good before and after.

FITNESS TIP

High-intensity training can burn a substantial amount of calories in a shorter time. For a 155-pound individual one session may burn around 700 calories per hour. Even so, it would still take around 10 hours to offset a 7,000-calorie Christmas day.

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ON Christmas Day, the average person in the UK may consume a staggering number of calories.

A typical Christmas dinner, featuring roast turkey, stuffing, roast potatoes, pigs in blankets, and an array of rich desserts, can easily double or even treble the recommended daily caloric intake.

According to estimates, many of us consume between 5,000 to 7,000 calories on Christmas Day alone, way higher than the daily recommended intake of around 2,000 to 2,500 calories for an average adult.

Burning off the feast

Post-Christmas exercise becomes crucial to offset the huge caloric surplus here are some scary stats.

Brisk Walking

A leisurely stroll may seem gentle, but it can be an effective calorie burner. On average, a person weighing around 155 pounds can burn approximately 314 calories per hour of brisk walking. To burn off a 7,000-calorie Christmas feast, it would take a massive 22 hours of

continuous brisk walking.

Running

For those with a more intense workout regime, running proves to be a quicker calorie burning option. Running at a moderate pace can burn around 590 calories per hour for a person weighing 155 pounds.

To counteract a 7,000-calorie Christmas feast, it would take roughly 12 hours of continuous running.

Cycling

Whether on a stationary bike or cycling outdoors, at a moderate pace, cycling can burn approximately 470 calories per hour for a person weighing 155 pounds. Therefore it would take approximately 15 hours of continuous cycling.

High-intensity interval training (HIIT)

HIIT workouts involve short bursts of intense exercise followed by brief periods of rest. This high-intensity approach can burn a substantial amount of calories in a shorter time. For a 155-pound indi-



> My beach bootcamps are one way to incorporate exercise into your routine

vidual, HIIT may burn around 700 calories per hour. Even so, it would still take around 10 hours of HIIT to offset a 7,000-calorie Christmas day.

For many, the joy of Christmas festivities is undeniable but the caloric aftermath calls for a conscious effort to maintain a balance

between indulgence and a healthy lifestyle.

Recognising the huge calorific intake at Christmas should prompt you to consider incorporating physical activity into your holiday routine.

Finding the right balance is key

for the enjoyment of holiday treats without compromising long-term health and wellbeing.

Try to strike a balance during the festive season ensuring that Christmas is not only celebrated around the table but also through an active and health conscious lifestyle.