



## David Fairlamb

# THE FIT FACTOR

### LIFESTYLE CHANGE

Exercise performed correctly will bring energy and a positive mindset. Make sure you find time for yourself. It's crucial for your mental health as well as your physical health.

### FITNESS TIP

Have your 'power song' ready to play at any time during your workout to give you an extra boost of energy, helping you push towards a strong finish.

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

**W**HEN you exercise, whether it's a leisurely walk or an intense workout, your mindset and approach to your routines can significantly impact your motivation levels.

Here are a few tips to help you adjust your workouts and maintain a positive attitude during your sessions:

- Plan a short, intense workout that keeps your heart rate up and your intensity high. Limit it to 30 minutes after a warm-up, so you can continue with your day feeling energized.
- If you're feeling tired, choose a routine you enjoy to quickly reset your mindset to positive and boost your energy levels.
- Increase your pace beyond your normal level and challenge yourself to go the extra mile. You'll experience a great sense of achievement, motivating you to improve further next time.
- Listen to your favorite music on repeat to inspire you to push harder and enhance your performance.
- Combine a mixture of cardio and strength training sessions to break the monotony of a long workout. Mixing things up is key, and it

all comes down to planning.

- Use one session to focus specifically on your technique, if you're unsure, seek help. Ten strength exercises executed with perfect form will be safer and more effective than 30 done incorrectly. This will improve your performance and target the muscles you aim to work on, serving as another motivator.

- Finish the workout you set for yourself, skipping the last few seconds of an interval or

the last few reps of a set means you're only cheating yourself, and it could lead to a bad habits.

- During aerobic workouts, think of something happy and positive to take your mind off the training. A strong mind will result in a positive body response.

- If you're struggling during a workout, think about a sporting event that inspired you. This can reignite your energy to complete your session.

Everyone has their own unique way of finding inspiration or motivation. Discover what works for you, as this can be a powerful tool not only for exercise but for any aspect of life.

We all need a boost from time to time, and often it doesn't take much to shift our mindset to a positive one.

*Never underestimate the investment you make in yourself*

**Motivational quote of the day**



► An inspiring favourite piece of music can help you get over the line