



David Fairlamb THE FIT FACTOR

LIFESTYLE CHANGE

We all have to start somewhere, achievements don't just happen. Only you can make those changes to improve your health, self-confidence, and well-being. Many of you may have forgotten how good you could feel.

FITNESS TIP

Be inspired to work harder in your training. Observe the level of commitment Wimbledon players and the England football team demonstrate, it becomes a mindset. Strive to build a new physical and mental dedication in yourself.

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

AT times we all need an injection of inspiration and positivity, and the Euros certainly did not let us down.

It was amazing to see such a young team, under so much pressure, successfully score every penalty last Saturday night then put a superb performance in on Wednesday, to reach the final tomorrow.

I love seeing teams and individuals, at any level, push boundaries to reach their goals and prove to themselves and others that anyone, over time, can achieve extraordinary things with commitment and dedication.

Of course, any goal requires patience, commitment, and a huge heart to see it through to the end. The success of the England team and the superb performances at Wimbledon give us a feel-good factor that can serve as motivation in our own lives, helping us refocus our minds on positivity.

If you are looking to change your life for the better, improve your health and wellbeing, lose weight, build self-esteem and positivity plus increase your life expectancy, be

inspired by the commitment and focus of any tennis player at Wimbledon and the England team at the Euros. Achievements don't just happen, they require hard work and commitment in everyday life and through hundreds of tough training sessions over years.

Here are a few strategies that you can apply in your own life:

- Set a plan
- Establish short and long-term targets
- Build incrementally
- Adapt if things aren't working as expected
- Be patient
- Give full commitment
- Never give up
- Seek help if needed
- Focus on yourself, not on what others are doing
- Work on consistency and stick to what works for you
- Always stay positive; you will find a way
- Never lose sight of your goals
- Do not stop until you achieve your ultimate goal

For 30 years, I have loved helping ordinary people achieve extraordi-



> England's success in Euro 2024 can give us a feel-good factor that serves as motivation in our lives

nary things, this keeps me motivated!

Be inspired by the success of the

England team and the sheer mental and physical strength of individual competitors at Wimbledon, and

consider making positive lifestyle changes that could transform your life.