



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

Often, it's only when illness or injury prevents us from exercising that we realise the true impact of not being active. Make a commitment to yourself and your health by starting a consistent exercise regime.

FITNESS TIP

Some days, you will feel really good during your workout, so try to take advantage of this. Push beyond your usual limits, as knowing you can achieve more than you thought will inspire you for future workouts.

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

I OFTEN see new clients in their 40s and 50s who have never exercised, not even during their school years when they managed to avoid PE with a note. As a result, they have never experienced the physical and mental benefits that come from regular exercise.

Even those who were active up until their mid-twenties but then stopped, only to restart in their 40s, have often forgotten how good it feels and the positive impact it can have both in the short and long term.

Here are just a few of the many benefits:

- That sluggish feeling vanishes, and you become more alert almost instantly
- Sleep patterns improve
- Your immune system gets stronger
- Your energy and enthusiasm for life return, allowing you to achieve more throughout the day
- You become stronger, leading to better posture

■ You look fresher as your body eliminates toxins

■ Training and pushing your body enhances focus and discipline in other areas of life

■ Exercise boosts confidence and self-esteem

■ When your children see you exercising, they're more likely to follow suit and develop the habit themselves

■ Regular exercise often leads to healthier lifestyle choices, such as a better diet, less alcohol, and reduced smoking

■ Studies show that exercise can help manage addiction and restore the body's natural routines, including sleep

■ Finally, and perhaps most importantly, exercise triggers the release of hormones that promote happiness, helping to alleviate symptoms of depression

These are just a few examples, not even touching on the significant health benefits. Is it time for you to

start exercising or to rekindle your appreciation for its benefits?

Often, it's only when illness or injury prevents us from exercising that we realise the true impact of not being active - lack of exercise as we age can lead to muscle loss, joint stiffness, increased risk of chronic diseases like heart disease and diabetes, reduced mobility, and decreased mental health, including higher chances of depression and cognitive decline. Surely you do not want to get to this point in your life.

As long as you can exercise, make a consistent effort to do so, as the benefits are endless and will ultimately help you maintain a good quality of life for longer.

Those who do not find time for exercise will need to find time for illness

Motivational quote of the day



> Healthy eating can follow on from taking regular exercise



> School PE in 1980; did you join in or wangle your way out of it? Your answer could give a good indication of your exercise habits today

**A FATHER'S SECRET SHAME,
A DAUGHTER'S LIVING HELL...**

A father's secret shame,
a daughter's living hell...

NOT

NOT