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THE FIT FACTOR

LIFESTYLE CHANGE

Planning and self-discipline are the keys to finding time to exercise regularly. Make positive plans and stick to them.

FITNESS TIP

Hold on to your self-discipline. Push hard on the days when you feel good, but be realistic and listen to your body on the days you need to rest.

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

DOES this sound familiar? On one hand, you struggle to find time to exercise, yet on the other, you know you cannot afford to neglect it, as staying active is vital for physical and mental success.

While maintaining an active lifestyle should be a top priority, it's not always easy. One of the biggest challenges we face with fitness is time. Time management often plays the most significant role in a person's success with any training programme.

Striking a healthy work-life balance is crucial. Here are a few tips to help you fit exercise into your daily routine, no matter how busy you are:

Quality over quantity

Choose a workout that can be done anywhere, whether you're travelling or arriving home late from work. Opt for exercises that require minimal preparation, such as body weight exercises, running, or interval-based workouts. When done properly, these exercises can boost your metabolism, delivering noticeable physical improvements in a relatively short period.

Our new 30-minute VersaClimber

classes are extremely popular, allowing you to burn up to 600 calories per session. A full-body, non-weight-bearing workout, this machine-based session burns up to three times the calories of other gym equipment. It's the perfect example of a quality over quantity workout.

Ditch your phone for 30 minutes

A recent survey revealed that British adults spend over 20 hours a week on their smartphones or tablets – about 12 times longer than they spend exercising. This reliance on phones must be broken. Why not ditch your phone for just 30 minutes while you work out? You might enjoy taking a break from social media.

Use an event for motivation

Whether you're an elite athlete, a

*Don't find time
to exercise,
make time*

**Motivational quote
of the day**

beginner, or somewhere in between, there are countless challenges you can sign up for in the North East. Seventy per cent of people who begin a fitness routine without a goal fail to stick with it. So, sign up for an event, set a goal, and see how much your mindset improves.

Cater to your likes and dislikes

Be realistic about when to push yourself and when to take it easier. On days when you feel strong, push through your workout, knowing it will be challenging but achievable. On other days, aim to maintain momentum by choosing a lighter workout, you'll still get that feel-good factor while maintaining your discipline.

Commit to your schedule

Create a weekly schedule and stick to it. Remind yourself that exercise is a priority. If you truly want it, you will find the time and use it wisely. Sticking to your commitment will help to establish long-lasting habits.

Ultimately, it's in your hands. If you want to make a change in how you look and feel, you will find the time to exercise.



**> If all you have
time for is ten
minutes of hula
hooping, hip to it!**