



Time to reboot!

For the sake of your health, longevity of life and the ability to help fight illness look to reboot your unhealthy habits.

Treat it as a positive challenge and take pride in pushing yourself out of your comfort zone, knowing that the benefits could save your life. Many people have no idea how or where to start, both with food and exercise.

Here are just a few ideas to reboot your habits:

- Go through your cupboards and put all sugary snacks such as chocolates, biscuits, cakes etc into a bag and get them out the house, this will stop temptation. Rather than throw them away, why not donate them to a good cause
- Make a positive decision to avoid any soda drinks eg coke, lemonade or energy drinks. They are laden with sugar and are dangerous for your health, never mind your waistline. Even the zero sugar versions have ingredients that will make you crave.
- With many people working from home and the office during the week, rather than eating the normal e.g. sandwich and crisps at lunchtime, be more prepared and eat a lighter meal such as lean meat/fish with salad. If you are serious about making positive changes you will need to put more effort into your organisation.

Removing bread and snacks at lunchtime will consistently cut the amount of calories you are eating each day, therefore over the coming weeks will have a positive impact on your waistline.

- Buying, rather than making a salad at lunchtime will mean it's often accompanied with



a sauce. Although you may think you are eating healthily, the sauce may increase the calories to more than your original sandwich and crisps.

- Increase your portion sizes by adding more protein, you may raise your eyebrows at this but as long as the food is natural and healthy, it will keep you fuller for longer, therefore avoiding unhealthy snacking later in the day.
- If you are in the habit of snacking after your evening meal. Eat half your meal at the usual time then the rest later at a time you would normally reach for a snack.
- Keep drinking plenty of water which will keep you feeling full and hydrated, 2-3 litres per day.
- By eating minimal amounts of food for days and being constantly hungry hoping your weight will drop, is wishful thinking. In the end you may well feel awful and your metabolism may slow down, meaning you will end up storing more fat in the long run. Being consistent works in the long run, quick fixes don't!

Training

- If its body shape, weight loss and general fitness you are looking for: short, sharp quick workouts are the perfect way to train. Over training to compensate for a bad diet often

works in reverse and remember, you can't out train a bad diet.

- Vary your speed, pace, rest times plus the type and amount of training. Your body will get used to the same type of training, if you want results, progress your sessions and mix it up, it also stops the monotony of repeating the same workouts.
- Doing hundreds of stomach exercises per day will not make your stomach flat, stripping the fat off through a healthy diet will.
- If you are looking to improve the look of your arms, make sure you work the back of your arms (triceps) as much as the front (biceps). But remember you need to pull your body fat down first to really see a change in shape.
- Try my VersaClimber classes, they work the full body and treble the calorie burn of other aerobic machines, all in a hugely motivational 30 minute session, check my website for details.
- Working big muscle groups such as legs and bum will help supercharge your metabolism. Squats and lunges in their various forms work very well.

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David's summing up...

Stay positive, be patient and keep strong, the results are in your hands