



David Fairlamb

## Small and steady

By David Fairlamb, David Fairlamb Fitness

**Small, consistent changes to your daily routine can create huge transformations. By building positive habits and sticking to them, you can improve your health, confidence, energy, and even your appearance.**

If you start today, you can see noticeable results in just 120 days which will take you to August. That's a short commitment for the amazing changes you can achieve when you stay consistent.

For some the thought of looking and feeling good this summer is a real incentive and making changes now will stop the panic three weeks before you go on holiday:

### Simple changes that add up

- 15 push-ups a day - 1,800 push-ups in four months
- Eat 200 fewer calories daily - Lose around seven pounds (24,000 calories saved)
- Walk or run one mile a day - 120 miles, equivalent to over nine Great North Runs
- Swap two biscuits for one - 9,500 fewer calories consumed
- 30 squats a day - 3,600 squats, building stronger legs
- 1-minute plank daily - two hours of cumulative planking
- Climb 100 stairs a day - 11,200 stairs climbed in total
- Cut alcohol from two glasses to one - 14,000 calories saved

- Reduce bread from four slices to two daily - 120 fewer slices in four months
- Eliminate one sugary drink a day- Over 1,200 teaspoons less sugar
- 40 crunches daily - 4,800 crunches (break into sets if needed)
- Cut sugar from three daily coffees- 360 teaspoons less sugar and 57,600 calories saved

When you see the numbers add up, it becomes clear, small habits create big results.

[davidfairlambfitness.co.uk](http://davidfairlambfitness.co.uk)

**David's summing up**

**Neglecting exercise or overindulging may gradually harm your health but the good news is, you don't have to wait. You can take control today and feel fantastic in just a few months.**