



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

Stop waiting for the perfect moment, take action now, and start creating a healthier, more confident version of yourself.

FITNESS TIP

When performing exercises, focus 100% on the muscle group you are targeting. This mind muscle connection will intensify your workout and help build greater strength and definition in that area.

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

OVER the years as a personal trainer, I have seen just how deeply weight gain can affect a person's self esteem and confidence.

It can slowly change how someone sees themselves, sometimes even altering their personality. Many begin to believe there is no way back, that nothing will ever change, that is where they are wrong.

A lot of new clients take months to build up the courage to make that first call. Some arrive at their consultation feeling so low they can barely lift their eyes from the floor. This is where the journey really begins. My role is to help rebuild that lost belief, to reignite the spark and remind them that change is possible. You can become the person you once were or the person you have always wanted to be.

It all starts with that first step and a shift in mindset. When you begin exercising and fuelling your body properly, the results can be hugely powerful both physically and mentally.

The transformation goes far

beyond appearance, it is life changing.

Watching my clients grow stronger, happier and more confident is the most rewarding part of what I do. Over the years, I have witnessed some incredible transformations, including:

- 6 stones lost in 16 weeks;
- 12 stones lost in 8 months;
- 5.5 stones lost in 12 weeks.

So what drove them to completely change their lives?

- They reached a point where they could no longer accept how they looked or felt, their health was suffering;

*You were not born
a winner and you
were not born a
loser. You are
what you make
yourself*

**Motivational quote
of the day**

- They wanted to be there for their children and future grandchildren;

- Their weight consumed their thoughts, morning to night, it had to stop;

- They wanted to feel comfortable, confident and able to buy clothes that fit;

- Their weight influenced nearly every decision they made, it became their biggest source of stress;

- They realised that only they could take responsibility, no one else could do it for them.

Many of these clients started at their lowest point, believing there was no way out. Yet within weeks, they began transforming not just their bodies, but their entire mindset.

Their success came from determination, consistency and adopting a completely new outlook on life.

If you are reading this and thinking, I could never do that, that is just a one off, it is not. Lives are being changed every single day.

Be inspired, make the decision, change yours.



➤ One of David Fairlamb's clients transformed his life with his weight loss