



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

Build movement into your daily routine – take the stairs, walk during calls or add a 10-minute stretch break. Small, repeated habits compound into real change.

FITNESS TIP

Focus on consistency over intensity. A moderate workout you repeat 4–5 times a week will outperform an occasional one-off all out session.

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

WITH 10 weeks to go until July, there's a real opportunity to reset, refocus, and build momentum toward feeling fitter, lighter, and more energised for summer.

The key isn't chasing extremes or short bursts of effort - it's more about preparation, consistency and a steady commitment to daily discipline that gradually becomes second nature.

Preparation starts with being honest with yourself - look at your current habits, how often you move, what you eat, how you recover and decide what needs changing.

This doesn't mean overhauling your entire life. Instead, begin by cutting back where it matters most - reduce processed foods, limit sugary drinks and be aware of portion sizes. These small changes create space for better habits to take hold.

Diet plays a central role, in fact 80% of weight loss is down to your diet, but it doesn't need to feel restrictive. Focus on eating what your body is naturally designed to eat, fresh whole foods.

Think lean proteins, vegetables, fruits, whole grains and healthy fats, drink water regularly and cut out fizzy drinks and unnecessary extras. When you fuel your body properly your energy levels rise, cravings settle and discipline becomes easier to maintain.

Training should be approached the same way, consistent, progressive and varied. You don't need to rely only on the gym - mix it up to keep both body and mind engaged.

Gym sessions are great for strength and structure, but outdoor workouts bring a different kind of energy. Running from home, for example, is free, time efficient and

incredibly effective. No travel time, no excuses, just step outside and go. Even short runs done regularly can build endurance and boost your self confidence.

At home, a simple routine can also go a long way. Bodyweight exercises such as press-ups, squats, lunges and core work can be done in small pockets of time. The key is consistency, doing something every day, even if it's brief, reinforces the habit of movement. Over time, these small efforts will produce progress.

As you improve, gradually increase your effort. Run a bit further, lift a bit heavier, move a bit faster. This keeps your body adapting and prevents plateaus. But progression doesn't mean pushing to exhaustion every day, it's about balance knowing when to push and when to pull back.

Equally important is your mindset, when you are consistent with training and focused with your diet, you begin to feel in control and often removes the feeling of it being like hard work. Instead, it becomes something you just do.

There will be days where motiva-



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Discipline is choosing what you want most over what you want now

Motivational quote of the day

tion dips, which is normal, this is where discipline carries you through and you will learn that consistency beats perfection every time.

Ten weeks is enough time to make a real difference, not just physically

but mentally. Prepare well, stay consistent, fuel your body properly and keep things simple. When you know you're on the right track, you don't need to rush, just relax into the process and the results will follow.