



DAVID FAIRLAMB THE FIT FACTOR

NUTRITION CORNER

Figs are useful in the winter season as they help in respiratory disorders like asthma and whooping cough. For maximum benefit, soak three dried figs in water overnight and in the morning consume them with water on empty stomach. This fruit not only helps your immune system, but can help reduce high blood pressure.



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

THE recent statistics of obesity levels in England and especially in the North East are extremely worrying.

Some of you may be sick of hearing about it from health professional like myself, but these levels are unprecedented and the facts speak for themselves, especially that one third of children leaving primary school are overweight. According to Public Health England in 2016:

- 19.1% of children in Year 6 (aged 10-11) are obese and a further 14.2% are overweight.
- Of children in Reception (aged 4-5), 9.1% are obese and another 12.8% are overweight.
- This means a third of 10-11 year-olds and over a fifth of 4-5 year-olds are overweight or obese.

The UK's growing obesity crisis means by 2030

- 74% of men will be overweight
- 64% of women will be overweight
- 35% of men and women are

predicted to be obese.

The message is certainly out there and most people who know they are overweight want to do something about it.

The problem lies in knowing what to do - self-discipline and in some cases cost needs to be to be sustained in order to form a new healthier lifestyle.

Here are a few ideas to help you and your children ease into changes that do not impact on you life and will help you form new habits.

- Cut down on all the families portion sizes. Use smaller plates and fill them, so psychologically you feel you have eaten a decent size meal. In reality this is probably the size of meal you

should have been eating all along.

■ Avoid buying or having any sugary drinks in the house. Research shows much of children's excess sugar comes from fizzy sugary drinks. Remember there are around 10 teaspoons in a can of coke, which on its own is more than the recommended daily allowance for children and adults.

■ If you insist on having concentrated fruit juice in the morning, limit the amount your family have per day. A large glass may well contain more has six teaspoons of sugar.

■ Empty the cupboard containing all the sugary cereals. The two I would recommend can stay are porridge and Weetabix.

■ Talk to your children and explain the dangers associated with fatty food and excess sugar. Knowledge is hugely important - if they don't know how can they help themselves, they are not going to change. Initially, rather than insisting they totally cut things out of their life, start limit-

ing their intake and portion sizes as already discussed.

■ Set challenges which lead to rewards eg a 20-minute walk equals 60 mins on the Playstation. By cutting the portion sizes and increasing movement this will lead to positive changes, both in the way they look and just as importantly the way they feel.

■ Add more protein to your family meals eg more meats and less pota-

toes. This will keep you all fuller for longer, plus add more vegetables or salad, therefore more vitamins and minerals, which, of course, are vital to your health.

■ Fill yourself up by drinking water. It suppresses your appetite and is obviously sugar and fat-free.

■ Avoid snacking on rubbish late in the evening. Try eating half to three-quarters of your evening meal and save the rest for supper. This way you know you can eat later, the food will be healthy and it keeps your hands out of the biscuit tin - many of my clients do this and it works.

Embrace new changes for you and your family and aim towards a more healthy way of day-to-day living.



FITNESS TIP

Wherever or whatever training you do, having the correct kit to wear will certainly have a positive impact and make you feel good. Treat yourself - this will prove you are committed and taking things seriously.

Motivational quote of the day

Life begins at the end of your comfort zone

Work to ease traffic jams begins

Tom Eden
Reporter
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ROADWORKS have started in Blyth aimed at reducing congestion on Cowpen Road, with drivers warned to expect up to three months of disruption.

The £740,000 scheme to help traffic flow on the busy road have finally begun after a long campaign by Labour's Cowpen councillor Susan Davey, who has spoken of her delight that the improvements are going ahead. She said: "It's important we bear in mind why this work is being done - to improve safety, reduce congestion and improve journey times for the thousands of people who use this road every day.

"We have always stressed that a key part of the scheme will be careful monitoring of the improvements to ensure traffic is moving better and I'm confident that Cowpen Road will be a safer and a freer flowing road in the future."

The work will be carried out in three stages. The first phase involves the removal of the traffic lights from

Tynedale Drive and improvement of the traffic lights at Coniston Road to make traffic flow on Cowpen Road more efficient.

Starting today, Tynedale Drive and the right turn off Cowpen Road into Coniston Road will be temporarily closed. Tomorrow, the traffic lights at the Tynedale Drive junction will be switched off and works to the signals at the Coniston Road junction will be carried out, meaning the end of Coniston Road will be closed but Cowpen Road will remain open.

Then, from Monday, the Tynedale Drive junction will be widened, with the work taking around a fortnight.

Resurfacing work will also be carried out on Sunday evenings from January 29 with main road traffic diverted via the industrial estate to minimise disruption.

Future phases, where preparation work is already well under way, will involve widening the north side of Cowpen Road between the Asda roundabout and Maple Crescent. A Northumberland Council spokesman said that the work was expected to be finished by the end of March.

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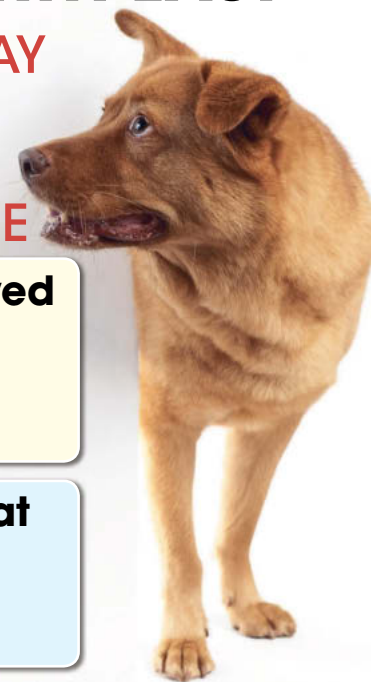
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