



DAVID FAIRLAMB THE FIT FACTOR

NUTRITION CORNER

Tofu is made from soybean curds and is an important source of protein for many vegetarians and vegans. It is naturally gluten free, low in calories and contains no cholesterol. It is also an excellent source of iron and calcium.



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

CONGRATULATIONS to all the runners who took part in the 35th North East Children's Cancer Run last Sunday.

In 1982 there were just a few hundred runners whereas around 8,000 people ran the 1, 3 or 5 mile course at Gosforth Park, last weekend.

The total amount of money raised from the Children's Cancer Run over the past three and a half decades will surpass an incredible seven million pounds, a remarkable achievement.

The run was launched after Chris Peacock, who now heads the North of England Children's Cancer Research charity survived a Wilms' tumour in his kidney when he was four years old in the late 1970s.

At the time 8 in 10 children with cancer didn't survive, after 35 years of research and improved treatment that figure has been totally reversed with 8 in 10 children surviving, Chris is an inspiration and still

competes in extreme sports.

While research over the past 35 years has dramatically reduced the number of deaths from childhood cancer, it is still the biggest killer of children in the UK after road traffic accidents.

Each year around 120 children and young people are newly diagnosed with cancer in the North East.

Professor Josef Vormoor, the Sir James Spence Chair of Child Health at the RVI, said: "In Britain approximately one in 500 children and young people will develop cancer; that's two people from the North east every week.

"This is an astonishing figure that demonstrates how urgently our research is needed."

Many people also used the run as a stepping stone towards the Great North 10k and ultimately the Great North Run in September.

There are only 16 weeks until the GNR so if you are wanting to train properly and look forward to the run rather than worry about completing it, your plan should be well under way.

I think it is hugely important to take stock and realise how privileged you are to be in good health.

Many of us take our own and children's health for granted and do not look after ourselves as well as we should, especially through diet and exercise.

Those who have been affected by cancer have no choice but to fight and hope their treatment is successful.

Their future is often out of their hands.

Contrast that with those who are looking to turn their lives round through diet and fitness, you have choices, make the correct ones and your future is firmly in your own hands!



Motivational quote of the day

Life is too short to wait

FITNESS TIP

The word fitness is the condition of being physically fit and healthy. This is all relative - you could be an Olympic runner or simply someone who can run from one lamp post to the next. Work on your own improvements rather than comparing yourself to others.

Let somebody else get their hands dirty

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