



## DAVID FAIRLAMB THE FIT FACTOR

### LIFESTYLE CHANGE

How you approach life and deal with day to day circumstances is down to you. Anyone can make themselves stressed or react. Try to stay calm and see the situation as a challenge not a problem, day to day life will then become easier to deal with.

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

**S**ALES of energy drinks, such as Red Bull and Monster, in the UK increased by 185% between 2006 and 2015.

Unfortunately the most damning statistic is that much of that increase can be put down to the spending of teenagers often buying drinks both to and from school, oblivious to the health risk.

New research reveals more than half of young people experience side effects from energy drinks,

Some 55% of those aged between 12 and 24 suffer everything from vomiting and chest pains to even seizures from the drinks, despite most consuming less than the recommended one-to-two beverages a day.

As well as the drinks' alarmingly high caffeine and sugar levels researchers believe consuming them with alcohol or during exercise can make them even more dangerous.

Earlier this month, Jamie Oliver spoke about his campaign to ban the sale of energy drinks to children amid claims teachers are forced to change their lesson plans as youngsters are unable to concentrate while suffering 'highs' after drink consumption.

A school in Liverpool banned the sale of any energy and sugary pop drinks for a

month and saw a hugely positive increase in children's behaviour and concentration levels - and the amount of detentions handed out dropped.

Researchers from the University of Waterloo in Ontario, asked 2,055 young people about their consumption of energy drinks. Results revealed:

- 24.7% of youngsters have experienced a fast heart rate, while 24.1% have struggled to sleep, due to energy drink consumption.

- 18.3% have suffered headaches due to the drinks, while 5.1% report having experienced nausea, vomiting or diarrhoea.

- 5% have sought medical attention due to their symptoms and 3.6% report experiencing chest pains.

- Alarmingly, 0.2% have even suffered seizures after drinking the

beverages. Of those who have suffered symptoms, the "vast majority" consumed less than the recommended one-to-two energy drinks a day.

The findings were published in a Canadian medical journal.

Researchers believe caffeine alone may not be responsible for energy drinks' negative health effects, saying: "The health effects from energy drinks could be due to different ingredients than coffee, or the ways in which they are consumed, including with alcohol or during physical activity."

Some positive news - Waitrose announced it is voluntarily banning the sale of energy drinks to children from March 5.

Of course the report did not touch on the fact some of the drinks can contain up to 17 teaspoons of sugar - the recommended amount per day for an adult is eight. The effect this can have on weight gain and other related diseases such as diabetes is hugely concerning. Let's hope the government step in and that more supermarkets follow Waitrose's example.

In the mean time be aware if you or your children regularly consume energy drinks, try looking to healthier alternatives.



> Jamie Oliver wants the sale of energy drinks to children to be banned - and David Fairlamb agrees with him

### Motivational quote of the day

*If you cannot be positive then at least be quiet*

### FITNESS TIP

**Congratulations to those who have stuck to their training and New Years resolutions. Take confidence as you see others fall by the wayside. You should be feeling much fitter and stronger. therefore look to intensify make your routines and make them more varied and challenging - the results will be worth it**