



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

From a health and weight point of view, make a decision to avoid buying any sugary drinks for yourself and your children. Ultimately, this needs to be a long term decision.

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OFFICIAL data shows that one in five 10 and 11-year-olds and one in 10 four and five-year-olds are obese in England.

Running alongside this, the number of children and young people being treated for type 2 diabetes in England and Wales has gone up from 507 to 715 in four years.

These new statistics are now starting to display what health experts have been predicting for years.

One of the most important risk factors for type 2 diabetes is being overweight or obese. The government has been warned time and time again about the direct effect obesity will have on the health of our nation. I believe the measures put in place to combat this are both weak and blinkered.

More needs to be done quickly in order to make a real impact. Too many young lives have already been affected.

I have been campaigning against sugar for over 15 years and the positive results with clients, when followed correctly, has been incredible.

The government has known about the dangers and the impact

sugar has regarding health and diabetes for years, it seems only now, when it is at crisis point, that real action is starting to occur.

Here are just a few measures I would like to see introduced

- Children walking (1 mile per day) every day in all schools, up to minimum age of 11.

- Health/lifestyle and well being classes compulsory for every child throughout school up to the age of 16.

- Food labelling to significantly change making them clearer and more consistent, adding visible pictures of the sugar content in teaspoons, would be a huge step forward.

- No sugary or energy drinks to be sold or consumed in school.

- Make it illegal for kids under

FITNESS TIP

Exercise alone will not compensate for a bad diet. If you are exercising and still putting weight on, you must take a closer look at what you are eating/drinking and ultimately change it.

16 to buy any energy drinks, some of the bigger supermarkets are on board with this, but it needs to be every store in the country.

- Advertising of fast food and sugary drinks to be banned on TV before 9pm.

These are just a few areas to look at. However, not one particular thing will solve this issue. The government alone can't solve it either but everyone needs do what they can.

Those who have the greatest influence need to step up and do more, that includes us as parents.

We need to try to take more responsibility and understand if your child is overeating or drinking sugary drinks, on a daily basis, over years and decades will have a hugely negative impact on their health.

The body achieves what the mind believes

Motivational quote of the day

