



DAVID FAIRLAMB THE FIT FACTOR

NUTRITION CORNER

Unrelated to wheat, buckwheat is actually the seed of a plant related to rhubarb and its nutritional value surpasses grains. It is gluten-free and has a low GI therefore prevents rapid spikes in blood sugar, benefiting diabetics and anyone trying to lose weight.



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

THE British Heart Foundation (BHF) estimates that the average man in the UK spends a fifth of their lifetime sitting – the equivalent of 78 days each year. For women this is around 74 days a year.

In the UK, physical inactivity contributes to almost one in 10 premature deaths from coronary heart disease, and one in six deaths from any cause.

Around 900,000 people in the North East are classified as physically inactive, according to the British Heart Foundation. This means more than 40% of adults in the North East are significantly increasing their risk of heart disease and premature death.

Exercise guidelines for adults aged 19 to 64

How much exercise do you need to do?

At least 150 minutes or just over 20 mins a day of moderate aerobic activity; or 75 minutes, just over 10 mins a day, of vigorous aerobic activity every week.

Strength exercises on two or more days a week that work major muscles.

Break up long periods of sitting with light activity.

What counts as moderate aerobic activity?

Walking fast, water aerobics, riding a bike on level ground or with few hills, doubles tennis, pushing a lawn mower, hiking, skateboarding, roller-blading, volleyball, basketball.

What counts as vigorous activity?

Jogging or running, swimming fast, riding a bike fast or on hills, singles tennis, football, rugby, skipping rope, hockey, aerobics, gymnastics, martial arts.

What activities

strengthen muscles?

Lifting weights, working with resistance bands, doing exercises that use your own body weight, such as push-ups and sit-ups, heavy gardening, such as digging and shovelling, yoga.

What activities are both aerobic and muscle-strengthening?

Circuit training, bootcamps, aerobics, running, football, rugby, netball, hockey.

My thoughts:

This, alongside the already horrendous obesity levels in the UK, proves that what has already been implemented to combat these problems is clearly failing. The odd campaign here and there has little impact and is often not sustainable – this is a serious national crisis that needs the government's full attention, because I believe their heads are still firmly in the sand.

Here are just a few things I would look to change

I believe good habits must be instilled early in life

Motivational quote of the day

30 minutes exercise is just 2% of your day - no excuses



FITNESS TIP

If you are one of the 900,000 physically inactive people in the North East, make changes, look at your lifestyle and day-to-day routine and change it. Find the time to be active and make it a priority to hold on to your health and quality of life for as long as possible.

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Models shown : MG GS Exclusive with metallic paint in Spiced Orange at £20,090 and MG3 3Style+ in Newton Black with White Trophy Stripe graphics pack and white wing mirror caps at £12,045.40. †On the road (OTR) price of £8,695 applies to the MG3 3Time with no optional extras and £15,095 applies to the MG GS Explore with no optional extras. OTR prices include VAT where applicable, vehicle first registration fee, delivery, number plates and 12 months' Vehicle Excise Duty. From prices exclude optional metallic paint, accessories and graphics packs. Fuel consumption values shown are based on official EU test figures and are to be used as a guide for comparative purposes and may not be representative of actual driving results. Offer terms and conditions apply.

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