



DAVID FAIRLAMB THE FIT FACTOR

FACT – the obesity epidemic is getting worse, not just in this country but throughout the world.

Our lifestyles are getting worse and after watching the horrendous TV footage of famine through the early 1980s, I read now that even Ethiopia is starting to see a diabetes problem in its capital city.

With all the publicity about sugar, the sugar tax, the government's involvement and awful statistics, this week I still see major supermarkets promoting two-for-one drinks that each contain more than 17 teaspoons of sugar per drink, sugar-laden packets of sweets and energy drinks, all on the same bargain shelf next to the till.

At what point are the supermarkets going to take more responsibility for our younger generation?

Surely this is an opportunity to get publicity by making positive changes and standing up for the health of our nation. The ironic thing is the kids who were in groups together all bought from that stand. Bearing in mind the

daily allowance of sugar for an adult is eight teaspoons, this puts 17 in one drink into perspective.

I'm horrified about what is going on and unfortunately the holiday period when families are out of routine is one of the worst times of the year.

Here are just a few of my thoughts on what can be done, particularly for the next generation:

- Better education about health and wellbeing should be made compulsory at an early age at school.

Motivational quote of the day

If you are persistent you will get it, if you are consistent you will keep it

- More ways into exercise that will suit all abilities. The London Olympics was this country's golden opportunity to inspire more young kids to follow their heroes and take up a sport. Statistics show that as much as people loved the games, the places and coaches needed to continue their legacy have simply not transpired.

- Kids should be guided into forming healthy habits through exercise and food via parents and schools as soon as possible in life.

- The government needs to be stronger in the strategies it proposes to curb possibly the biggest threat to our world's health – sugar. Last year it brought in certain proposals, which I think were weak to say the least.

- There is no single solution. It has to be a large number of organisations working together, including schools, local and national governments, supermarkets, large food chains to name a few. But ultimately for young children it starts at home with their parents. You can point the

NUTRITION CORNER

If you only have a few minutes to cook, use eggs! An omelette with vegetables, like spinach, onion, mushrooms and asparagus makes a quick healthy meal.

Add a salad for an extra vitamin boost.



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finger at everyone around you and look for every excuse, but taking responsibility for your own children while at home has to be the starting point.

- Of course, habits that may have been formed over decades could mean you need to change too. This isn't just about your children; they will usually follow what you do and ultimately eat what's given to them. Even small changes every day may save your own health and give your children a healthier start in life.



FITNESS TIP

Be smart, get your kids fitter without them realising. Go roller skating, rollerblading or skateboarding, play in the park go swimming or out on a scooter, they will see it as fun, not exercise!