



DAVID FAIRLAMB THE FIT FACTOR

NUTRITION CORNER

Help your body fight infection naturally by drinking tea made with the herb echinacea. It will also help boost your immune system.



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RESearch has now shown that less than an hour's exercise a week could prevent depression.

Previously it was thought that more exercise and intensity was needed to make a difference but when examining data from almost 34,000 people it was found that this statistic was true, regardless of intensity.

Those who did not exercise were almost twice as likely to suffer from depression compared to those who exercised one to two hours a week, while 12% of depression cases could have been prevented by a small amount of regular exercise. That could be over two million people in the UK.

This year's World Mental Health Day earlier this week came at a time of change - with more people coming forward and openly discussing the once-shunned illness.

Millions are impacted by mental illness each year, with new official data revealing that one in three work sickness notes handed out by

GP's, are now for mental health.

Here are some stats:

- One in four people in the UK are affected by a mental illness, according to the NHS, with the number of prescriptions being dispensed in England having doubled in the past decade.

- In England, one in six people report experiencing a common mental health problem (such as anxiety and depression) in any given week.

- North East England is the UK's depression and anxiety hot spot. Some 18.7 per cent of people there had some evidence

of depression or anxiety, when last surveyed in 2014-15.

- It estimates that in the United States, 16 million adults had at least one major depressive episode in 2012.

- According to the World Health Organisation, 350 million people worldwide suffer from depression.

With sedentary lifestyles becoming more of the norm worldwide, rates of depression are growing. Treatments usually involve medication, psychotherapy, or cognitive behavioural therapy or a combination of these approaches.

However, this new evidence proving a small amount of exercise can have a real impact is very positive and, in many cases, easy to apply.

The type of exercise can be very light, try to find a way to incorporate it into your week. It could be a 15-minute walk four times a week, in your lunch hour. This will help clear your mind and you refocus your thoughts for the afternoon. The important thing is to commit to making changes to help you live a happier and more positive life.

Motivational quote of the day

The mind and body are not separate, what affects one affects the other



FITNESS TIP

Avoid wasting time and energy worrying about how other people train, concentrate on what you want to achieve. Focus on getting the most out of your own ability, you can't do any more than that.