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THE FIT FACTOR

NUTRITION CORNER

Choose fruits that are labelled with the name of the fruit rather than fruit flavoured, eg strawberry yoghurt must contain strawberries, but strawberry flavoured probably doesn't contain any fruit and could be full of additives.



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

LATEST studies have shown Britain is the sixth fattest nation in the world, with rates even rising faster than the USA.

Figures show that 27% of adults in the UK are now obese. These levels have astonishingly risen by 92% in the last 20 years, by far the steepest spike among countries with an obesity problem.

- In Britain:
- 27% of adults are obese;
 - 36% are overweight;
 - Fattest nation in Western Europe - obesity levels twice as high as Italy and Sweden;
 - Sixth worse for obesity across the globe, a rise from 10th in the last two years;
 - The study of 35 industrialised nations shows the UK's obesity problem outpaces that of any other country.
 - Although USA still tops the overall obesity level chart, the UK shows a 92% increase in obesity levels since 1991 compared to the USA of 65%.

Of the study, here are the 10 countries with the highest lev-

- els of obesity
- 1 - USA 38.2%
 - 2 - Mexico 33.3%
 - 3 - New Zealand 31.6%
 - 4 - Hungary 30%
 - 5 - Australia 27.9%
 - 6 - UK 26.9%
 - 7 - Canada 25.8%
 - 8 - Finland 24.8%
 - 9 - Germany 23.6%
 - 10 - Latvia 23.2%

Obesity seems to have become the new norm in the UK. The situation has been here for years and for the most part I feel the problem has been swept under the table and ignored.

Now the obesity crisis has well and truly gripped the country and ministers are trying to address some of the issues.

I feel there is no miracle cure, but bold moves need to be

made and here are a few areas I feel need to be addressed:

- It seems the government's hands are tied regarding an overhaul of the food industry. At what point are they going to work together for the sake of the next generation and the NHS, as it's already at breaking point?
- Health/food and wellness education should be started at an early age and made compulsory for every pupil through school;
- Cut all the energy and sugar-laden drink offers. This is a huge issue and this industry needs to be targeted to cut down further.

I could go on and on!
I now feel this country acknowledges there is an obesity problem but getting a grip and making a difference through small pockets of help isn't working yet. The best and most effective way is to take responsibility for yourself and your family's health by adopting better day-to-day habits.

Get it right for your children at a young age and statistics show it works well for the future.



Motivational quote of the day

A goal without a plan is just a wish

FITNESS TIP

Leading into December might be a good time to start thinking of a new exciting fitness goal/programme for the new year. Keeping your mind and body constantly challenged helps you keep focused and always looking towards your next target.