



## David Fairlamb

# THE FIT FACTOR

### FITNESS TIP

Some training days you just feel good and are in the zone. Take advantage of this, push yourself beyond the norm and surprise yourself with better times or distances. Knowing you can do way more than you think, will inspire you for the future

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**FACT:** in the US, young adults are living more of their lives overweight than ever before.

An American study showed that obesity-related cancers are rising more quickly in young Americans than in the older generation. There are 12 cancers where the risk is significantly linked to obesity and half are rising faster in the youngest age groups. These increases in cancer, as well as a host of other conditions such as bowel diseases and diabetes, has led to UK experts admitting that the UK was also contending with similar issues.

Most cancers occur in older adults, which means, as the young people in the study age, the obesity-related cancer cases and deaths are likely to increase even more.

These stats are pretty damning and the US is now looking to propose curbs on advertising for junk food and tax on sugary drinks, as has recently been implemented here.

At least in the UK, the awareness is out there, and the government is starting to make a stand and acknowledge there is an enormous issue here. I believe where being



overweight seems to have become the norm, more people with influence need to stand up and do more. The government has not done enough in this area and I don't know how much more it will take for more measures to be put in place and pending ones to be implemented

more quickly. I believe health and wellness education should be compulsory in all school's national curriculum from four year's old upwards.

Surely being educated and having the knowledge to lead a healthier life gives you that springboard and self-

confidence to perform better at school and be in a good position to focus on moving forward in life, rather than being restricted through bad health, obesity or illness.

I have many people who come to me in their twenties with exactly this scenario, and it's bad lifestyle choices

*Every new day is another chance to change your life*

**Motivational quote of the day**

which have put them there. Of course, children are influenced by their family and, if you are handing down unhealthy bad habits, you can't expect your children to know any other.

A few simple daily changes can have a huge impact over time and it's worth making those changes now:

- Cut any sugary drinks out of their daily routine - more water is key.
- Be mindful of the amount of fast food they consume.
- They need to move more - less time on their game consoles and mobiles.
- Pull back on sugary breakfast cereals and fruit juices.

Taking a few sensible steps now can make a dramatic difference over time to your child's health and waistline.