



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

Even if you have limited knowledge about what is healthy for your kids, at the very least, start by cutting out sugary drinks and processed food. Make that lifestyle change for them.



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MANY parents are in denial about their children being overweight.

A study of more than 25,000 children found that although their children were overweight or obese, their parents are likely to describe them as being big-boned, often convincing themselves it is just puppy fat.

The research also found parents were even more likely to underestimate weight problems if they had sons.

Typically, parents described them as being solid when in reality they are overweight.

Even health professionals tended to miss signs of excess weight, as the study also called on GPs to be more frank about telling parents about their children being overweight.

Parents who were overweight themselves were less likely to recognise their child has a weight problem.

In fact the research showed the children themselves were more likely to be aware of their own weight problems, but one in three

still underestimated their size. The research came from studies involving 87 studies and 25,000 children up to the age of 19, at the European Congress on Obesity in Glasgow.

Over my 20 years as a fitness trainer, I have seen an increasing number of children attending our classes and parents enquiring for one-to-one training for their children.

Many have already sent their children for blood tests suspecting their child has an issue. In every case the answer has come down to an unhealthy diet and lifestyle.

I feel you need to be frank about your child's weight from an early age. Nobody wants to think of themselves or their child as

overweight or unhealthy, but be realistic because the truth is that overweight and obese children could face serious health-related problems moving forward.

The results of this study is exactly what I would have expected, many parents are in denial about their children's weight but at the same time are often unaware of what really constitutes a sensible diet for themselves and their children.

In this case, it's hugely important to cut down on, at the very least, what you know is bad for you and your children, eg. sugary drinks and the amount of processed food consumed.

At least you can make a start and with a small amount of research, you can change a few things in your child's day to day diet.

This could potentially stop your child having long-term health and wellbeing issues going into adulthood and beyond.

FITNESS TIP

If you think you are in denial about your children's weight, make a conscious effort to get them exercising. It doesn't have to be specific just try to get them moving in some way or form.



Well done is better than well said

Motivational quote of the day