



David Fairlamb

THE FIT FACTOR

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LIFESTYLE CHANGE

Make a habit of taking a pint of water to bed every night – if you do not drink it through the night, finish it as soon as you get up. This will keep your hydration levels up and help kick your metabolism into action for the day

VITAMIN D is nicknamed the sunshine vitamin and is produced in the body when the sun's ultra-violet rays come in contact with your skin.

Despite evidence that it can protect against a range of conditions, from arthritis to cancer, there are still more than one-in-five people in the UK who are thought to be vitamin D deficient.

As well as long-term issues, there are day-to-day problems which can certainly have an impact on your life such as:

- Suffering from sickness or infections more often;
- Fatigue and Tiredness;
- Bone and back pain;
- Depression;
- Impaired wound healing;
- Bone loss;
- Hair loss;
- Muscle Pain.

Summer is the perfect time to ramp up your body stores. This can only be done effectively when the sun hits your skin, so lying in the garden only exposing your face isn't going to boost things quickly. Exposing more of your body would be far more effective.

Of course there are other ways of increasing your Vitamin D stores. Here are a few examples:

Fatty fish

Salmon, mackerel, herring, trout and kippers are all brilliant sources of vitamin D. Just half a fillet of salmon has over 1,000 IU of vitamin D, which is more than the daily recommended allowance for a person

Cows' milk

Research shows a 200ml glass of whole milk contains at least 100 IU of vitamin D, a quarter of your daily optimum vitamin D intake. Look for fortified varieties.

Eggs

All the Vitamin D in an egg comes

from its yolk, so it's important to use the whole egg.

Add mushrooms

Certain varieties of mushrooms can produce vitamin D when exposed to sunlight. Some studies suggest including mushrooms in your diet four times a week may shoot up your Vitamin D levels. Research has uncovered that shiitake mushrooms are the best at mimicking the process.

Take a supplement

There are very few natural food sources of Vitamin D, therefore one of the easiest ways is to take a supplement. It is advisable especially during the winter months to take a supplement. Most health food shops will stock Vitamin D tablets.

The latest research may give you another incentive to keep your Vitamin D levels topped up. A study presented at the European Society of Endocrinology showed an important link between obesity and vitamin D deficiency. The findings suggested that people who have higher levels of belly fat could be suffering from vitamin D deficiency as well.

*Successful people
do daily what
others do
occasionally*

**Motivational quote
of the day**



► Let a little sunshine in to boost your vitamin D levels

FITNESS TIP

We all lose more fluid through sweating in the summer months, add the extra loss through training and it means you must keep your water levels up. Two litres a day would be a good start and, depending on the type of training you do, look to add at least another 1-1.5 litres per day