



## David Fairlamb THE FIT FACTOR

### LIFESTYLE CHANGE

If you are looking towards health and longevity – and by that we mean living longer and still being able to physically do what you want – add some form of regular exercise into your life. All the benefits are well documented – you need to build now for a healthy future.

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

**T**HE UK has the third highest obesity rate in Europe and Cancer UK has warned obesity causes more cases of four common cancers than smoking.

The charity says much more needs to be done, especially as obese people now outweigh smokers by two to one.

Its analysis shows:

- Being overweight causes around 1,900 more cases of bowel cancer than smoking in the UK each year.

- It also causes 1,400 more cases of kidney cancer, 460 more cases of ovarian cancer and 180 cases of liver cancer.

The latest, and I must say hugely worrying, obesity stats show:

- One in three children in Year 6 are overweight or obese

- One in 10 children are obese by the age of five, rising to one in five by age 11

- Admissions related to obesity are four times higher than in 2010

- Around a third of people over 35 are obese

- One in three adults in the UK are obese, while around a third more are overweight

Cancer UK has come into criticism for its new obesity campaign showing a cigarette packet with the line 'obesity is a cause of cancer too'.

I think the slogan works well and will make people think again about their lifestyle.

Many people would like to live a healthier lifestyle but often do not know where to start or lack the self-discipline to make new habits stick.

This is when you can seek help and guidance.

We are very busy for a reason, what we do has a proven track record of positively changing people's lives and putting them in a much healthier place for a healthier future.

*To change your life you need to change your priorities*

**Motivational quote of the day**

