



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

Don't kid yourself – you can't out-train a bad diet. If you are looking to lose weight, your first step is to make changes to your diet and eat consistently healthier.

FITNESS TIP

Many kids will veg out in front of their laptop throughout the winter months. Try enrolling them into a fitness class. The boost of endorphins will make them feel great, it will also stop them snacking all night in front of a computer screen.

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

LEVELS of severe obesity among children in the last year of primary school have hit an all time high, according to official figures. According to the National Child Measurement Programme, 4.4% of year 6 pupils are severely obese which represents 26,000 youngsters.

The severe obesity figures for 10 and 11-year-olds rose for the fourth consecutive year. The term severe obesity mean children that are obese and need medical help as a result.

Figures were the highest among children from the most deprived areas, where 13.3% of four to five year olds are obese, compared with 5.9% in the most affluent communities

The stats come just a week after a report by the World Obesity Federation which warned that there are 158 million obese children around the world.

They also stated that more than 250 million school aged children and adolescents will be classed as obese by 2030 putting massive pressure on health care systems around the world. The US is expected to have 17 million obese children the largest number after China and India.

These stats are horrendous and bolder action needs to be taken. The government are nowhere near halving childhood obesity which they have set out to achieve. The knock on effect of obesity mean more and more children are being exposed to poor mental and physical health as they move into adulthood.

Many will be blighted with issues for life as they have not addressed this in any way before. Habits which have been formed for decades are not only difficult to change but a constant excess of calories everyday for years may mean they already

have long term illnesses such as heart disease or diabetes.

Many people have no idea of the impact of being overweight or obese on their mental and physical health, its only when they are told they have to lose weight for health reasons do they finally make a decision to lose weight and many wished they had made that decision much earlier. In fact hospitals already see 700,000 obesity related admissions every year – at a huge cost to taxpayers running into the billions.

I am still of the firm belief:

- Health and wellbeing should 100% be on our national curriculum through GCSE and A levels.
- Parents need to look at their own lifestyles and diets because their children form habits through them – can this be improved?
- The government need to make tougher calls on food manufacturers, supermarkets and TV adverts to what is exposed to children.
- We all need to cut down on refined sugar every day of our lives, this over time will make a huge positive impact on our health, wellbeing and waistline.



> Set an example for your children – if you form healthy habits like exercise, so will they

Education is the most powerful weapon we can use to make changes

Motivational quote of the day