



David Fairlamb

THE FIT FACTOR

FITNESS TIP

During these uncertain times exercise is key for your health, immune system, feelgood factor, confidence, mental strength, physical strength, wellbeing and positivity to name a few – keep moving!

LIFESTYLE CHANGE

Pretty much all of us are having to change our lifestyles at the moment. If possible, try to form new healthier habits – we may finally realise we do not need to consume anywhere near the amount of food we have been previously.

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

WITH all the concern and uncertainty associated with the coronavirus, having a strong immune system is more important than ever to keep yourself healthy and less at risk. While there is no magic pill to ensure your immune system is protected, here are a few key areas to look at:

Healthy Diet

Our immune system functions better when it's well-nourished and has the building blocks it needs to do its job.

Eating good quality protein is significant especially for healing and recovery. Try to eat a variety of protein foods including seafood, lean meat, poultry, eggs, beans and peas, raw nuts and seeds or other plant-based proteins.

Vegetables are of huge benefit and are full of the vitamins and minerals we need. Also make sure you keep yourself fully hydrated by drinking around two litres of water per day.

Vitamin A helps regulate the immune system and protect against infections by keeping skin and tissues in the mouth, stomach, intestines and respiratory system healthy. You can this immune-boosting vita-

min from foods such as sweet potatoes, carrots, broccoli, spinach, red bell peppers, apricots and eggs.

Vitamin C helps protect you from infection by stimulating the formation of antibodies and boosting immunity. Include more sources of this healthy vitamin by choosing citrus fruits such as oranges, grapefruit and tangerines, or red bell pepper, papaya, strawberries or tomato juice.

Vitamin E works as an antioxidant and may improve immune function. Include vitamin E in your diet with fortified cereals, sunflower seeds,

Remember no storm lasts forever, be strong, be brave, have faith in yourself and others because your never alone.

Motivational quote of the day

almonds, vegetable oils, hazelnuts and peanut butter.

Zinc helps the immune system work properly and can be found in lean meat, poultry, seafood, milk, whole grain products, beans, seeds and nuts. Be aware sugar is a food that works directly against the immune system.

Improve your sleep habits

A sleep deprived immune system doesn't work as well.

When we get a minimum of eight hours of sleep that starts by 10pm we are allowing our bodies to rest and repair from the day's efforts. If we are going to bed late or not getting adequate sleep, we are setting ourselves up to have lower defences.

Try to stay away from your phone and laptop before bed, avoid eating late and it's a big no to caffeinated drinks in the evening. Sticking to these few pieces of advice will give yourself a good chance of a decent nights sleep.

Stress

Stress can suppress the immune system and make you more vulnerable to infection.

Research has found that stress causes a release of the hormone cor-



tisol, which can boost inflammation, in your body. Chronic stress may also interfere with the infection fighting ability of your white blood cells, making you more susceptible to contracting illnesses.

Fear is a natural response to something threatening such as the coronavirus, not to mention the global response and media coverage. Try and reduce your stress as much as you can through taking time out with breathing techniques,

go for a walk just take time to sit and watch something funny on TV.

Exercise

Exercise naturally lowers stress levels and will help boost your immune system no matter the type or intensity. We will be running many more bootcamps on Tyne-mouth Beach, in the coming weeks, for adults and kids.

This way you have to opportunity to be out in the fresh air and exercise in a controlled environment.