



David Fairlamb THE FIT FACTOR

FITNESS TIP

Through all the tough times endured over the last two months, learn to look after your body and your mind. Keep exercise in your lifestyle, you should have realised the huge benefits it brings.

LIFESTYLE CHANGE

As we have all learnt in the last two months, life is precious. Motivate yourself to make those lifestyle changes that will enhance your health. Respect your body, be brave and believe in yourself to make those changes. For most, health is within your hands – for others, unfortunately it's not.

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

TOMORROW would have been the 38th year of the Children's Cancer Run at Gosforth Park.

This is usually the North of England Children's Cancer Research's major fundraising event of the year but, due to Covid-19, it has been provisionally postponed until later this year. Instead, I will be holding a live virtual workout for supporters tomorrow.

The much-loved family fun run has become a North East institution, normally attracting around 10,000 runners and raising over £280,000 for research into children's cancer at the world-class NECCR laboratories in Newcastle.

I have a real affiliation with the run as I actually ran the first ever Children's Cancer Run in 1982 as a nine-year-old to raise money for a friend suffering from cancer. Little did I know I would be running the event 38 years later from my living room.

The charity started 40 years ago by a group of parents whose lives had been changed forever by childhood cancer. Kings School in Tynemouth decided to raise money for NECCR because at the time pupil Chris Pea-

cock was suffering from cancer of the kidney. Chris inspired pupils and staff to raise money in the first sponsored run and is chairman of the charity today.

In 1979 when the NECCR charity was first set up only 20% of children survived. Now, thanks to research and continued improvements in therapy, this figure is reversed with over 80% of children diagnosed with cancer surviving the disease.

My live workout will last 26 minutes, and is the final activity in The 2.6 Challenge campaign, backed by many UK charities in these tough times, in which the public were asked to dream up an activity based around the numbers 2.6 or 26 and fundraise.

In recent weeks the charity's supporters have come up with all sorts of

creative ways to get sponsored, from getting a dog to catch a ball 26 times, 26 netball shots in a row and even eating a biscuit in 2.6 seconds.

My workout will be free to join in, with supporters asked to make a suggested voluntary donation only if they can afford to, with many family's finances under strain right now.

But as lockdown restrictions start to ease, sadly for children with cancer in Newcastle's Royal Victoria Infirmary, their stay continues.

Each year around 120 children and young people are newly diagnosed with cancer in the North East.

The charity has raised over £30m and has helped to establish the North East as world leaders in childhood cancer research.

While research over the past 40 years has dramatically reduced the number of deaths from childhood cancer, it is still the biggest killer of children in the UK after road traffic accidents.

To join the free workout visit the NECCR Facebook page tomorrow at 10.30am from where the workout will be screened live: www.facebook.com/ChildrensCancerResearch

Be strong – you never know who you are inspiring

Motivational quote of the day



► David Fairlamb will lead a workout at home