



## David Fairlamb

# THE FIT FACTOR

### LIFESTYLE CHANGE

Being overweight makes it harder for the diaphragm and lungs to expand, reducing oxygen supply to vital organs. If this is you, take responsibility and understand how important a health lifestyle is to staying well and fighting illness

### FITNESS TIP

Exercise is like medicine for your mind and body. Make sure you find time whether you are in lockdown or not.

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

**T**HE Government is promising a new war on obesity after shocking figures showed a link to Covid-19 deaths. Being overweight makes it harder for the diaphragm and lungs to expand, reducing oxygen supply to vital organs.

A third of all people who have died from coronavirus in UK hospitals have been diabetic, with most having Type 2 - which is usually fuelled by fat and an unhealthy lifestyle. NHS England found that even when all other factors were taken into account, higher blood glucose levels and obesity were linked to greater risk of dying from coronavirus.

Britain's fatal obsession with junk food and sugar over decades has come back to haunt us in the most horrendous way. Surely this is THE wake-up of all wake-up calls for the Government to make it a huge priority to finally get tough with our obesity crisis and even tougher on some of the food manufacturers.

The NHS was already at near breaking point before the virus, diabetes was costing them £14 billion a year, £1 million every hour and can cause blindness, amputations, heart

disease and kidney failure. At least another million people have the disease but don't realise. A further 12.5 million are at risk because of unhealthy lifestyles.

#### Obesity and the risk

The more overweight you are, the more fat you're carrying, the less fit you are and the lower your lung capacity. This means it is a bigger struggle to get oxygen into your blood and around the body. This impacts on the heart and blood flow too therefore during an infection like coronavirus this can be very serious.

Almost is certainly one reason why overweight and obese people in intensive care with coronavirus are more likely to need assistance with breathing and support with kidney

function. Surely now is the time for us all to take responsibility and understand how important a health lifestyle is to staying well and fighting illness. The implications of an unhealthy lifestyle are as clear for us to see today more than ever before, why wouldn't you want to try to help yourselves and your family.

#### Implementing lifestyle changes

For most its about making small consistent changes that will help: by cutting those unnecessary everyday snacks, pulling back on your alcohol consumption, learning to buy fresh natural foods rather than fatty carb based ready meals, cutting out sugary pop and fruit juice, plus adding regular exercise means you could make a dramatic difference in a very short space of time.

It's then implementing these changes over weeks and months therefore forming new habits which will cement a new healthy lifestyle giving you the best opportunity for longevity of life in good health.

The obese coronavirus stats should be enough of an incentive to do something about your own weight and lifestyle.

*Weight loss is a natural side effect of a healthy diet*

**Motivational quote of the day**

