



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

Finding time to exercise is crucial, 15 minutes to take time out in the fresh air can be hugely beneficial both physically and mentally. Make it a priority to hold on to your health and quality of life for as long as possible.

FITNESS TIP

Warmer weather and lighter nights are upon us, it's the best time of the year to reset your thought processes and make a concerted effort to add exercise into your daily routines.

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

THE British Heart Foundation (BHF) estimates that the average man in the UK spends a fifth of their lifetime sitting - the equivalent of 78 days each year. For women this is around 74 days a year.

In the UK, physical inactivity contributes to almost one in 10 premature deaths from coronary heart disease, and one in six deaths from any cause. More than 900,000 people in the North East are classified as physically inactive, according to the BHF. This means more than 40% of adults in the North East are significantly increasing their risk of heart disease and premature death. Here are some exercise guidelines for adults aged 19 to 64.

How much exercise do you need?

- Around 20 mins a day of moderate or 10 mins a day of vigorous aerobic activity every week
- Strength exercises on two or more days a week that work major muscles
- Break up long periods of sitting with light activity

What counts as moderate aerobic activity?

Walking fast, water aerobics, rid-

ing a bike on level ground or with few hills, doubles tennis, pushing a lawn mower, hiking, skateboarding, in-line skating, volleyball, basketball

What counts as vigorous activity?

Jogging or running, swimming fast, riding a bike fast or on hills, singles tennis, football, rugby, skipping rope, hockey, aerobics, gymnastics, martial arts.

What activities strengthen muscles?

Lifting weights, working with resistance bands, doing exercises that use your own body weight, such as press-ups and sit-ups, heavy gardening, such as digging and shovelling, yoga.

What activities are both aerobic and muscle-strengthening?

Circuit training, Bootcamps, aero-

30 minutes of exercise is just 2% of your day - no excuses

Motivational quote of the day

bics, running, football, rugby, netball, hockey.

My thoughts

This, alongside the already horrendous obesity levels in the UK, proves that what has already been implemented to combat these problems is clearly failing.

The odd campaign here and there has little impact and is often not sustainable. This is a serious national crisis that needs the government's full attention. Unfortunately, I believe their heads are still firmly stuck in the sand.

Here are just a few things I would look to change

I believe good habits must be instilled early in life - it should be compulsory for every child where possible, in every primary school to walk/exercise up to 10-15 minutes a day. Alternatively 5-10 mins easy workout at registration in the morning and after lunch, at their desk.

Every week they are taught a new facts about how to stay fit and healthy while also educating them on the long term benefits.

Make health, fitness, lifestyle and wellbeing education compulsory at



> Don't fall into being trapped at your desk - go out for fresh air and move

a young age, plus involve the parents. Use real-life harder-hitting stories through junior school and beyond.

The whole school can do a mass workout, in their school uniform, to get them moving once a day.

Ban all sales of fizzy/sports drinks in school.

As you get older, taking more personal responsibility for your health should become a priority. Workplaces should be encouraged to give

incentives for their employees to do more exercise and encourage a healthier environment.

The more you do, the more you realise how good you can feel in the short and long term. Also try to involve your whole family.

Life is about making choices - a little daily exercise and being more mindful about eating healthy can lower your risk of heart disease by 30%. Surely this statistic is worth changing a few daily habits.