



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

Take stock and reduce as much processed food as you can from your diet. You will reap the benefits even if there are small changes that you stick to consistently

FITNESS TIP

Make sure you stay active to burn any excess calories, fats and sugars in your diet. Regular sight of your weight and body composition can help improve your mental and physical fitness. Work with a trainer/gym to be accountable and you can monitor your progress and set achievable targets

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

OUR daily food intake primary function has evolved somewhat over the centuries from initially being to sustain life (fuel and nourishment) to that of pleasure, immediate gratification and enjoyment. Food should, of course, be enjoyable but finding a balance between the two is essential.

Our body needs the right kinds of fuel and nutrition to function optimally and for prolonged health. Over-indulging in the delight of food without sight of what our body needs to stay healthy is an increasing problem in today's society, particularly processed and fast foods.

This type of food is designed to satisfy our cravings; it is readily available, much cheaper and unfortunately marketed to us very aggressively. Convenience and accessibility play a significant role in our dietary choices, occasional indulgences are OK but they should not become the norm.

There is joy to be had in food as it is a very sensory experience, therefore, it is easy to over-indulge in flavourful, sometimes less nutritious options that may be high in added

sugars, unhealthy fats, sodium and empty calories however. The pleasure of eating incites feelings of happiness and contentment, which often overrides the brain telling us we are full and should stop eating.

Eating for fuel and nutrition focuses on the functional aspect of food, it involves selecting foods that provide the essential nutrients our bodies need to function optimally.

This approach emphasises a balanced diet, including fruits, vegetables, lean proteins, whole grains, and healthy fats.

It's about providing the necessary sustenance to support our bodily functions, maintain energy levels, and promote overall well-being. The link between eating healthily and overall wellbeing is well document-

ed. The fuel and nutrition function of food will ensure long-term health benefits and sustenance, whereas the pleasure side can cause us to lose sight of its effects on our health and requires much stricter control. Finding a balance can be very challenging.

Here are a few tips:

- Mindful eating - Take time to consider the nutritional benefits of the food you consume.
- How much processed food do you eat? Try to reduce this as much as possible.
- Consider portion sizes and types of food - do you really need what you are about to eat?
- Eat when you are hungry, not by the clock, and be disciplined to stop when you feel full.
- Are emotions associated with eating? This can cause you to overeat or skip meals.
- Explore healthier cooking methods and get organised to prevent quick-fixes.
- Learn what good nutrition is and its impacts on your body.
- Pay attention to how you feel after eating healthy foods versus



➤ **Fast food will give you a short-lived high, but long-term problems**

You don't have to eat less – you have to eat right

Motivational quote of the day

processed foods.

It's important to recognise that eating is not just a functional act but also a social and cultural experience. Embracing food experiences with mindfulness and awareness allows us to enjoy it fully while still prioritising nutrition and health.

Striking the right balance requires

you to make a conscious effort while making informed, healthier choices alongside still appreciating the pleasures of food.

Developing a positive relationship with food, practising moderation, and being mindful of your choices can help with the conflict we all experience at times.