



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

Make it your business to know the sugar content of foods your children eat every day. If you need to pull back on certain things then do it. The health benefits could be huge in the long term.

FITNESS TIP

Try to change your child's association with food. Rather than sitting and picking on unhealthy snacks on a night get them out for a quick blast of fresh air and break their habits.

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BARBECUE lean meats, fish and salads are an excellent and healthy way to enjoy the summer months. These foods will help keep you away from processed foods, helping you to be more healthy and lose a few pounds.

Lean meats, such as chicken breast, turkey, and lean cuts of beef, are low in saturated fats and high in protein.

Protein is an essential nutrient that plays a crucial role in repairing and building tissues, supporting the immune system, and maintaining healthy skin, hair, and nails.

It also keeps you fuller for longer, therefore help you avoid reaching for unhealthy snacks later in the evening.

Grilling fish on the barbecue not only enhances its taste but also ensures a healthy and nutritious meal.

Fish like salmon, tuna, and mackerel, are rich in omega-3 fatty acids, so, for example, covering the salmon with foil and adding lemon juice works par-

ticularly well and it is easy to do.

Salads, packed with fresh vegetables and leafy greens, are the perfect addition to your protein.

They provide essential vitamins, minerals, and fibre that are beneficial for digestion, weight management, and overall health. With ingredients such as tomato, cucumber, bell peppers, mushrooms and onions, or even adding things like melon and strawberries alongside your protein gives you a super healthy meal both for health and the waistline.

By opting for barbecued lean meats, fish and salads you are keeping away from processed foods which is linked to an increased risk of obesity, heart disease, and other chronic conditions.

By choosing fresh and natural ingredients, you can reduce your intake of these harmful substances for you and your family. It's also a fun way to get your kids involved in cooking.

Trying to form healthier lifestyles for kids during the sum-

mer holidays can be tough as you can't constantly keep an eye on them throughout the six weeks, therefore finding a balance may be the way forward. If the barbecue is left in the back and can be fired up regularly you can see that at least one healthy meal is being consumed a day.

If you are concerned about your children, avoid buying sugary drinks and sweets. If they are not in the house it takes away the temptation on their part. Try to monitor, the best you can, what they are eating but I appreciate this is not easy.

Another option is to purposefully cook too much meat and salad from the night before and leave it for lunch the next day, it is the perfect way to secure a healthy lunch.

Also with no sugary drinks in the house they are left with no option but to have water or a diluted drink.

These are just a few things to think about as we move towards the school holidays.

