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THE FIT FACTOR

LIFESTYLE CHANGE

Allow your children to explore different activities and sports to find what they enjoy most. Their interests may change over time, so be open to trying new things – it's more about keeping them moving.

FITNESS TIP

Try to establish a regular exercise routine that fits into your family's schedule. Consistency is key to forming healthy habits at any age.

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

THE UK summer school holidays are coming to an end and for many a more structured daily routine can be re-established. This is potentially a good time to try to help build some more exercise into your family life.

Including your children in as much of your fitness routines as possible will not only help you stay on track, but it can also embed a healthy mindset around exercise that sticks with them for life.

Exercising with children is not only beneficial for their physical health but also a great way to spend time as a family.

It sets a positive example, instils healthy habits, maintains your own level of fitness and can create happy, lasting memories.

Here are some reasons why exercising with children is important and how to make it an enjoyable experience for all:

■ Role modelling

Children look up to their parents and caregivers as role models. When they see their parents engag-

ing in regular physical activity, they are more likely to view exercise as a natural and enjoyable part of life. Leading by example can inspire children to adopt an active lifestyle.

■ Physical health

Regular exercise helps children develop strong bones and muscles, improves cardiovascular health, and supports healthy growth and development. It also helps maintain a healthy weight and reduces the risk of chronic diseases such as obesity, diabetes, and heart disease.

■ Mental wellbeing

Exercise is not only beneficial for physical health but also for mental wellbeing. Physical activity releases endorphins, which are natural mood lifters. Exercising with children can help reduce stress, anxiety

and depression, promoting a positive and happy mindset.

■ Family bonding

Exercising together as a family provides an opportunity for quality time and bonding. Whether it's going for a walk, playing sports, or doing yoga together, these activities create a sense of togetherness and strengthen family connections.

■ Social skills

Group exercises or team sports offer children the chance to develop social skills such as communication, cooperation, and teamwork. These skills are vital for their overall personal development and future success.

■ Enhanced coordination and motor skills

Many physical activities involve coordination and fine-tuning motor skills. Engaging in exercises that require balance, agility, and precision can improve children's motor skills and physical coordination.

■ Learning through play

Children learn best through play, and many exercises can be turned into fun activities. For example, playing tag, jumping rope, or danc-



It's not a short-term diet it is a long-term lifestyle change

Motivational quote of the day

ing can be excellent ways to get kids moving while having a good time.

■ Exploring nature

Exercising outdoors exposes children to nature and the environment and gives them an opportunity to be away from their phones.

■ Boosting confidence

Exercising and mastering new

skills through exercise can boost their self-esteem and confidence.

■ Screen time reduction

Encouraging physical activity helps reduce sedentary behaviours, such as excessive screen time. It also allows children to form healthier habits which is very important at a young age.