



# David Fairlamb

## THE FIT FACTOR

### LIFESTYLE CHANGE

**Finding time to exercise is key – just 15 minutes outdoors can do wonders for both your body and mind. Prioritise your health and aim to maintain your quality of life for as long as possible**

### FITNESS TIP

**Reset your mindset and make a concerted effort to incorporate exercise into your daily routine**

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

**T**HE British Heart Foundation (BHF) estimates that the average man in the UK spends a fifth of his life sitting – equivalent to 78 days per year. For women, it's about 74 days annually. In the UK, physical inactivity contributes to nearly one in 10 premature deaths from coronary heart disease and one in six deaths from any cause.

According to the BHF, over 900,000 people in the North East are classified as physically inactive, meaning more than 40% of adults in this region are significantly increasing their risk of heart disease and premature death.

#### Exercise guidelines for adults aged 19 to 64

- How much exercise do you need?
  - Around 20 minutes of moderate or 10 minutes of vigorous aerobic activity per day.
  - Strength exercises on two or more days a week that target major muscle groups.
  - Break up long periods of sitting with light activity.
- What counts as moderate aerobic activity?
  - Brisk walking, water aerobics,

cycling on level ground or gentle slopes, doubles tennis, pushing a lawnmower, hiking, skateboarding, rollerblading, volleyball, basketball.

What counts as vigorous activity?
 

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

What activities strengthen muscles?

- Lifting weights, using resistance bands, bodyweight exercises such as push-ups, heavy gardening (digging and shoveling), and yoga.

What activities are both aerobic and muscle-strengthening?

- Circuit training, bootcamps, aerobics, running, football, rugby, netball, and hockey.

The rising levels of obesity and physical inactivity in the UK clearly

*30 minutes of exercise is just 2% of your day*

**Motivational quote of the day**

show that current initiatives are failing. Sporadic campaigns have little lasting impact, and the seriousness of this health crisis demands full government attention. Unfortunately, it seems the issue is still being overlooked. Here are a few changes I would suggest:

- Instilling good habits early in life. Make it compulsory for every primary school child to engage in 10-15 minutes of daily exercise, or alternatively, do a 5-10 minute easy workout during morning registration and after lunch at their desks.
- Health education. Every week, children should learn new facts about staying healthy and fit, including the long-term benefits of exercise. Health, fitness, and lifestyle education should be compulsory, with real-life, impactful stories starting in primary school and continuing throughout their education, involving parents as well.
- Daily school-wide workouts. Schools could organise a daily mass workout for all students, even in their uniforms, to promote movement and exercise.
- Banning unhealthy drinks. Fizzy



**> Early intervention can give children a lifetime of good habits**

drinks and 'sports' drinks should be banned from schools to discourage unhealthy consumption habits.

- Encouraging personal responsibility. As individuals grow older, they should be encouraged to take more responsibility for their health. Workplaces should offer incentives for employees to exercise more and foster a healthier environment.

Finding time for exercise is essential. As mentioned, just 15 minutes

in the fresh air can have significant physical and mental benefits. The more you exercise, the better you'll feel, both short and long term.

Try to involve your entire family to build healthier habits together.

Life is about choices – a little daily exercise and being mindful of your eating habits can reduce your risk of heart disease by 30%. This is a statistic worth changing a few daily routines for.

**FIREPLACE & BATHROOM FACTORY OUTLET**

