



The Seasonal Effect

Just because the nights are drawing in doesn't mean it's time to overindulge and hide beneath bigger, bulkier clothes.

Waiting until next year to make a change won't get you anywhere. If you want to reach and maintain a healthy weight, you need lasting lifestyle changes ongoing, rather than seasonal efforts.

The reality is worrying, obesity rates are at an all-time high, especially here in the North East. One in three children now leaves primary school overweight, a shocking statistic that reflects how unhealthy habits have been passed down through generations. Things won't improve until we take personal responsibility for ourselves and for our children. The earlier we act, the more chance we have of breaking this cycle and building healthier, happier lifestyles.

The good news is positive change doesn't



David Fairlamb

have to be drastic. Often it's about making small, consistent choices that soon become new habits. These changes may seem minor at first, but together they build momentum and create a powerful long term impact on both your body and mind.

Here are a few of my tips:

- Take the stairs instead of the lift whenever possible.
- Swap white bread, pasta, and rice for whole grain alternatives.
- Add extra protein instead of extra carbs, protein keeps you fuller for longer and is lower in calories.
- Eat fruit instead of drinking it. Smoothies can pack in far more calories than you'd normally eat whole.

- Be honest about those small treats with tea or coffee, cut them back or cut them out.
- Make your own lunch. Shop bought so called healthy options are often high in fat or sugar. Preparing your own ensures you know what's going into your body.
- Drink more water, especially before meals, to help prevent overeating.
- Use a smaller plate, your brain will think you've had a bigger meal than you actually have.
- Watch your sugar intake. 4g equals 1 teaspoon. Adults should aim for no more than 28g per day. Check labels and cut back where you can.

www.davidfairlambfitness.co.uk

David's Summing Up

Small, daily changes add up. Stick with them over weeks, months, and years, and the results can be life-changing. Not only will you feel better physically, but your energy levels, sleep quality, and confidence will also improve.