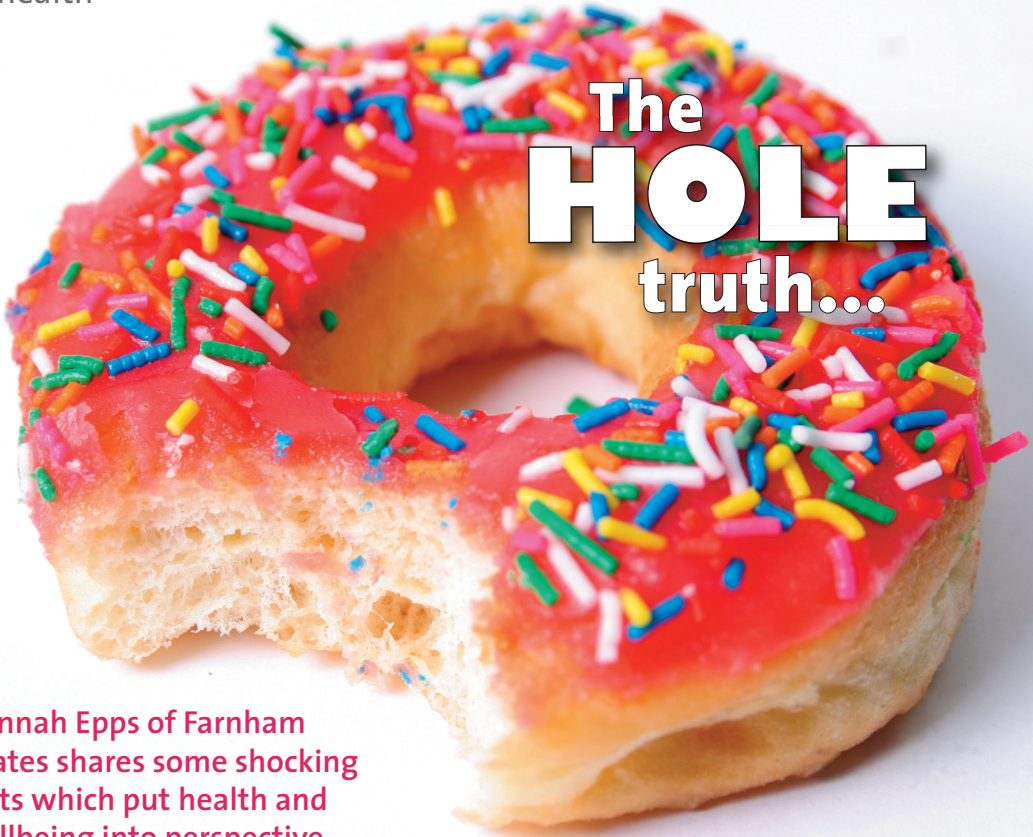


The **HOLE** truth...



Hannah Epps of Farnham Pilates shares some shocking facts which put health and wellbeing into perspective...

**1 in
10**

parents think that Jaffa cakes, cola and chips count as part of your five-a-day fruit and veg. That's around two million UK parents who think putting a Jaffa Cake in their child's lunchbox counts as a fruit portion.



3 Diabetes is among the top three causes of blindness for adults. It is not only a disease in itself, but also causes other health complications - it is also the number one cause of amputations.

29

percent girls and 26% of boys are obese and this is set to rise. Britain is now the third fattest country in Western Europe behind only Iceland and Malta.



12
grams

You can consume up to 12 grams of sugar daily without even realising. Sugar is as dangerous to our health as tobacco due to its high hidden content in many everyday foods.