



## DAVID FAIRLAMB THE FIT FACTOR

### NUTRITION CORNER

Turnips are a very rich source of calcium, folic acid and magnesium. They are packed with antioxidants which can reduce the risk of cancer. Regular consumption of turnip inhibits joint damage and incidents of rheumatoid arthritis.



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**W**E all have habits in life which are difficult to break, and exercise is no exception. When it comes to health, people usually stick to near enough the same type of activity year on year. This isn't necessarily wrong, it all depends on what you are looking to achieve.

Even if you are in a good routine there is always room for improvement or to add something new to help improve your health.

In reality, health is the most important thing, especially as we get older, therefore, we should all be doing aerobic, stretching, strengthening and balance exercises.

■ Aerobic exercise is important for many body functions especially the heart and lungs as it gives them a good workout. Aerobic exercise can help relax blood vessel walls, lower blood pressure, burn body fat, lower blood sugar levels, reduce inflammation, boost your mood and improve your cholesterol levels.

Around 150-200 minutes moderate intensity activity such as brisk walking, cycling, dancing or jogging per week is recommended.

■ Strength training will make you feel good and strong to perform everyday tasks such as standing up from a chair, carrying shopping and climbing the stairs. Not only does it make you feel stronger, it will help improve your posture, stimulate bone growth, lower blood sugar and reduce pressure in your joints and lower back. Body weight exercises such as squats, push ups and lunges work well, adding some extra weights into the exercise also helps.

■ Stretching is often just an afterthought unless you feel particularly tight at any time. Ageing leads to loss of flexibility and muscles shortening, plus they do

not function as well as they could. This can increase the risk of injury, muscle cramps and joint pain. Stretching regularly helps maintain flexibility helping your range of movement and lessens the risk of injury. Joining a yoga or pilates class can make a huge positive impact on your body, not least as it will increase your muscle strength, flexibility and improve your posture.

■ Improving your balance is also very important, especially as we get older, because the things that help us maintain our balance start to slowly deteriorate, such as our vision, inner ear, joints and muscles. Working on our balance can help prevent these losses. Adding simple exercises such as standing on one leg or walking on uneven surfaces will help, but seeking professional advice through a yoga or pilates class would be an improvement.

I'm sure most of you do at least some of the activities above, but combining aerobic, strength, balance and stretching into your weekly routine will certainly point you in the right direction towards optimum health.



### Motivational quote of the day

*Life is not a problem to be solved, but a reality to be experienced*

### FITNESS TIP

Going flat out into a tough workout without a decent warm up can be dangerous. There is more chance of you sustaining an injury plus your legs will probably feel like lead. Warm up properly and you will function much better throughout your session.

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