



DAVID FAIRLAMB THE FIT FACTOR

LIFESTYLE CHANGES

Knowing you are making positive lifestyle changes through an improved diet and exercise regime, will give you a new zest for life mentally, as well as physically. Until you try, you do not know how good you could feel in a very short space of time.

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THERE are far too many cases of middle-aged men and women who have known their daily lifestyle has been unhealthy for years.

Sadly it's only when illness or an episode such as a stroke strikes that they are pushed into making positive healthy changes. By then it is often too late as irreparable damage could have been done to their health.

New figures show four in ten strokes are now happening in middle age, fuelled by soaring obesity levels and unhealthy lifestyles. Public Health England (PHE) said poor diet, alcohol and smoking were putting millions of Britons at risk of suffering traumas normally associated with old age.

The new data shows that 38% of first strokes are happening among those aged 40 to 69, with the average age dropping almost three years in a decade.

Many men and women in their 40s and 50s need to overhaul their daily habits amid warnings that the average age for suffering

such attacks has fallen sharply. Those in middle age were less likely to recognise symptoms of a stroke - a medical condition that occurs when the blood supply to the brain is cut off - and to seek help quickly enough. Unfortunately, with two in three adults now overweight or obese, it's inevitable the number of patients vulnerable to a stroke in mid life has risen.

High blood pressure, high cholesterol and diabetes are among the main risk factors for a stroke - and are fuelled further by excess alcohol and smoking.

One in six people in the UK will suffer a stroke in their lifetime, and is the third most common cause of prema-

ture death. In 2016, 57,000 people had a first time stroke in England, with around 30,000 deaths

Deaths related to stroke have declined by half in the past 15 years, thanks to earlier treatment, more advanced treatment and efforts to treat the underlying causes of strokes.

Signs of stroke

Face - has their face fallen on one side? Can they smile?

Arms - can they raise both their arms and keep them there?

Speech - is their speech slurred?

Time - time to call 999

Being aware of your own health at any age is important but particularly middle age. If you feel you are at risk undergo NHS health checks and take action to reduce your body fat through regular exercise and a sensible diet. Continue to make 2018 a year of positive change. This could not only put years on to your life but also increase your years of good health.

Motivational quote of the day

*The groundwork
of all happiness
is good health*



FITNESS TIP

Supercharge your metabolism by doing compound exercises. This means working more than one group of muscles at a time eg squats, lunges. When big muscle groups are targeted more calories will be burnt.