



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

Try to cut out food and drinks which are known to cause inflammation and can be linked to illness. I believe refined sugar is the main one. If you are trying to look after your health you should already be aware of the sugar you are consuming, if not, make changes to reduce it.

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

FORTIES to fifties are probably the years in which your action has the most significant bearing on your long-term health.

Take the right steps and you have the best chance to keep yourself in good health and do things you want to for longer.

Those who think they are invincible and can carry on with an unhealthy lifestyle are putting their heads in the sand and significantly reducing their amount of years in good health.

Your fifth decade is the time to face up to previous indulgences and make some positive lifestyle changes. They don't have to be too dramatic, but they need to be changes that stick.

Here are a few areas to look at:

Nutrition

As you age your metabolism slows down therefore your fat percentage rises, this heightens your risk of illness. Eating certain types of food can also lead to cancers such as heart disease, Alzheimer's, diabetes and arthritis which are all diseases of inflammation.

Foods which can cause inflam-

mation include refined sugars, processed meats, gluten products, fizzy pop and processed milk.

As your metabolism slows look to eat more high quality protein based foods and cut down on the amount of carbohydrates you consume. Remember, any excess carbohydrates which are not burnt throughout your day will eventually be stored as fat.

If this excess has been happening for years and possibly decades, you can see how weight gain, leading to inflammation and possible illness happens.

This higher protein less carbohydrate food may surprise you, by leaving you feeling full but light, with more energy.

Training

Maintaining some level of fitness is hugely important and if you are looking towards total wellbeing and longevity it is essential.

A combination of aerobic and

*Age fast, age slow
– it is up to you*

strength exercises incorporating all the major muscle groups is important because muscle mass decreases as we age. Therefore we need to stay strong to deal with everyday movements.

There are a huge number of classes out there to help you, its all about incorporating an exercise routine into your lifestyle now, for both short and long term health.

Better Movement

Aches, pains and a slower recover are often come hand in hand with aging.

General stretching or attending a pilates or yoga class should certainly help and keep you more mobile for years to come.

Age is just a number and I'm sure we would all like to feel like we did in our 20s. You could go along with the general thought, that as you age you should be overweight, tired, lethargic and full of aches and pains.

Or try a different mindset, be positive and make changes in order to reverse your aging process and feel energised with a new zest for life.



> **Doing the right things in your 40s will set you up for a healthy middle age**

FITNESS TIP

As you age its important to work on strength as well as aerobic exercise. Adding press ups, core work and specific leg exercises such as squats and lunges, will go a long way to help you hold on to your muscle mass, allowing you to keep performing day to day activities for longer.