

THE STATISTICS ARE IN

Although overall life expectancy has been rising in recent decades, the years spent in good health has changed. Living a healthy lifestyle in middle age can double an individuals chances of being healthy at 70.

These statistics do not make easy reading:

- 40% of deaths are related to lifestyle.
- Three out of four men and two out of three women aged between 45-64 are overweight or obese.
- Two-fifths of those aged between 45-64 are living with an illness.
- A third of men and half of women do not get enough exercise.
- Only a quarter of adults eat the recommended portions of fruit and vegetables per day.

For many people unless you change your ways the risk of dying early is high or face retirement struggling with ill health.

The good news is this can be rectified very quickly by making some sensible lifestyle changes that will not impact too much on your life.

There are the big obvious changes that im sure many of you have heard a million times and yes, they do work and its important you make some changes. The extent of those changes is down to how big and quick a change you are aiming for, its easy to say you will do them but you need to implement them into your lifestyle therefore they become habits.

Here are a few ideas to help you make a start:

- Exercise for 30 seconds an hour per day, yes 30 seconds!
That equates to 12 minutes exercise per day. I would challenge anyone who cant find that time.
- From now on always take the stairs and try to run up them, avoid lifts and escalators.
- Try to add some running into your daily dog walk, it doesn't need to be quick, you can even run at walking pace.
- Monitor your steps, using an app on your phone is the easiest way, aim for 10,000 per day, this will keep you focused. If you have only managed 8,000 by the evening, it will challenge you to go outside to finish the steps rather than lie on the couch in front of the TV.



David Fairlamb

- When you are on your mobile, instead of sitting and talking, try walking around, this can potentially add a huge number of steps to your day.
- Preparation is the key, add more fruit and vegetables to your shopping list, double your protein not your carbs and buy smaller plates to eat from. These small everyday changes can make an immediate impact on a weightloss routine.
- Walk/cycle to and from work if its possible. If your lunchtime is short, even a 12 min walk per day, will get your 30 seconds an hour in and your calorie burn will soon add up over weeks and months, before we know it Christmas will be here and you will have wished you had started today.
- Seek out a challenge – there are many different challenges/events around the North East to suit everyone, choose one that suits you, this will give you a huge incentive. 75% of you that start a fitness/diet regime without a focus, fail. Pick a challenge or goal and make yourself accountable.
- As a family, try new activities eg. volleyball, tennis or go for a walk and get some fresh air.
- At DF Fitness we run specific small group classes, maximum 7 people, which incorporate everything you need for total wellbeing. They are popular because they work and we look after you. If you are not sure where to start come and join us, this will give you 100% confidence and self belief in what you are doing.

DAVID'S SUMMING UP

As you get older being mindful of your health becomes much more important. Improving your day to day lifestyle can not only put years on your life but dramatically increase your quality of life for longer.