



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

A few small positive everyday changes to improve your diet and exercise more regularly would make a world of difference and could be the key to enjoying the last few decades of your life rather than suffering through them.

FITNESS TIP

Regular exercise can hugely boost your immune system and is a must for you and your family for longevity and good health. It's never too late to start.

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

A STUDY beginning in the 1970s has periodically tracked the lives of 17,000 people born in England, Scotland and Wales born in the same week.

The study has shown that one in three middle aged people have multiple chronic health issues and 34% have two or more chronic health problems, such as high blood pressure and mental ill health.

The most common health issues are:

- Excess drinking;
- Persistent back issues;
- Mental health problems;
- High blood pressure.

Other issues included diabetes, asthma and arthritis.

These stats do not make good reading and for many lack of any consistent exercise and a poor diet over decades is starting to bite back.

With the ingestion of toxins through a bad diet leading to inflammation and generally not looking after ourselves on

a regular basis, it's not difficult to understand that our bodies can only take so much before we become ill.

These stats add to the fact that many who have led unhealthy lifestyles have been shown to be more susceptible to Covid and experienced worse outcomes and a longer recovery periods.

Surely with this in mind it is time to look at adopting healthier day to day regimes for the longevity of your life

*Every new day
is another
chance to
change your
life*

**Motivational quote
of the day**

and indeed the longevity of your health.

You may live until you are 90 but if you are unable to do anything from the age of 60 due to ill health, it makes for a tough 30 years.

These stats show a substantial proportion of the population are already suffering from multiple long-term physical and mental health problems in their late 40s.

Of course, the mental and physical aspects are linked – if you do more physical exercise you feel mentally stronger and by keeping mentally strong you feel physically better.

It's so important to help yourself and your family. A few small positive everyday changes to improve your diet, cut down on your alcohol consumption and exercise more regularly would make a world of difference and could be the key to enjoying the last few decades of your life rather than suffering through them.

**> People walking at Hadrian's Wall, Northumberland.
Exercise in later life can have so many benefits**

