



# David Fairlamb

## THE FIT FACTOR

### LIFESTYLE CHANGE

Making small lifestyle changes now towards your health and quality of life can make a huge difference as you age. Forming healthy ongoing habits are key. Start them today.

### FITNESS TIP

The health benefits of exercise towards longevity of life are huge. Take time out to find an appropriate class that suits you and add it to your weekly routine. We run classes for all ages and ranges of fitness, it's not only amazing for your health but the social interaction also has a really positive impact on your outlook.

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

**W**HEN it comes to staying healthy, most people have the same motivation - living as long and fulfilling a life as possible. While science has yet to find the miracle formula of youth, researchers have identified certain behaviours that can increase longevity.

Many people think that life expectancy is largely determined by genetics. However, genes play a much smaller role than originally believed. It turns out that environmental factors like diet and lifestyle are the key factors.

Here are a few areas you could look at to promote longevity and a healthy lifestyle:

#### Cut processed food

One of the major dietary changes over the last 30 years has been a huge shift to consuming more processed foods. Along with processing comes an increase in added salt, saturated fat, sugar and less fibre. This has led to more cardiovascular disease, high blood pressure, cancer, and diabetes. Try to eat natural clean foods more often.

#### Add nuts to your diet

Several studies show that nuts have beneficial effects on heart disease, high blood pressure, inflammation, diabetes, stomach fat and some forms of cancer. They are also rich in protein, fibre and beneficial plant compounds.

#### Use turmeric

When it comes to anti-aging strategies turmeric is a great option. This spice contains a potent bioactive compound called curcumin. Due to its antioxidant and anti-inflammatory properties, curcumin is thought to help maintain brain, heart, and lung function, as well as protect

against some cancers and age-related diseases

#### Eat plenty of healthy plant foods

Eating plenty of plant foods is likely to help you live longer and lower your risk of various common diseases. Consuming a wide variety of plant foods, such as fruits, vegetables, nuts, seeds, whole grains and beans may decrease disease risk and promote longevity.

#### Moderate your alcohol intake

Heavy alcohol consumption is linked to liver, heart, and pancreatic disease, as well as an overall increased risk of early death. However, wine is more beneficial due to its high content of polyphenol antioxidants.

Results from a 29-year study showed that men who preferred wine were 34% less likely to die early than those who preferred beer or spirits.

#### Sleep patterns

Sleep is crucial for regulating cell function and helping your body heal. Developing a sleep routine



> Moderate tea drinking could benefit longevity

that includes 7-8 hours of sleep each night may help you live longer. A recent study reports that longevity is linked to regular sleeping patterns.

#### Drink coffee or tea

Both coffee and tea are linked to a decreased risk of chronic disease. Both coffee and tea drinkers benefit from a 20-30% lower risk of early death compared to non-drinkers. Moderate consumption of tea and coffee may benefit healthy aging and longevity.

But remember that too much caffeine can also lead to anxiety and insomnia, so try to curb your intake to the recommended limit of 400 mg

per day - around four cups.

#### Social circle

Researchers report that maintaining healthy social networks can help you live up to 50% longer. Studies also link healthy social networks to positive changes in heart, brain, hormonal and immune function, which may decrease your risk of chronic diseases. Therefore, holding on to close relationships may result in decreased stress, improved immunity and an extended lifespan.

Taken together, these habits, including exercise, can boost your health and will put you on the right path for a longer life.

*The secret to your success and longevity is found in your daily routines*

**Motivational quote of the day**