



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

Making small changes in your diet, such as choosing fresh fruits and vegetables, lean protein, and whole grains, can have a significant positive impact on your overall health and wellbeing.

FITNESS TIP

Rather than do one or the other a combination of making healthier daily food choices combined with regular exercise will help you enjoy doing the things you enjoy for longer in life.

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

EATING natural fresh food and staying away from processed food can be a key factor in promoting longevity of life.

Here are a few reasons why:

■ Nutrition content

Natural fresh food contains higher levels of nutrients than processed food. Nutrients like vitamins, minerals, and antioxidants are essential for the body to function properly, fight diseases, and repair itself.

■ Reduces the risk of chronic diseases

Processed food often contains high levels of salt, sugar, and unhealthy fats, which can increase the risk of chronic diseases like heart disease, diabetes, and cancer. Eating natural fresh food can help reduce this risk by providing the body with the necessary nutrients to maintain a healthy immune system.

■ Lowers inflammation

Processed food is often high in refined carbohydrates and unhealthy fats, which can cause inflammation in the body. Chronic inflammation

has been linked to a variety of health issues, including heart disease, cancer, and Alzheimer's disease. Eating natural fresh food will help reduce inflammation and promote overall health.

■ Better digestion

Natural fresh food is often easier to digest than processed food, which can be high in additives and preservatives that can irritate the digestive system. Good digestion is essential for nutrient absorption and overall health.

■ Increases energy

Eating natural fresh food can provide the body with the energy it needs to function properly. Processed food often contains empty calories, which

can lead to a crash in energy levels. Natural fresh food contains complex carbohydrates, protein, and healthy fats that provide sustained energy throughout the day.

■ Improves mental health

The nutrients found in natural fresh food can also improve mental health. For example, omega-3 fatty acids found in fish and nuts have been linked to improved mood and reduced risk of depression.

■ Environmental impact

Processed food often has a higher carbon footprint than natural fresh food. Choosing natural fresh food that is locally sourced can help reduce your environmental impact and promote sustainable living.

Eating natural fresh food, in other words what our bodies are designed to eat, is a key factor in promoting longevity of life. Making small changes in your diet, such as choosing fresh fruits and vegetables and lean protein can have a significant positive impact on your overall health and wellbeing.

Happiness leads to health, health leads to happiness and longevity

Motivational quote of the day

