



# 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, for many starting them when you become ill, is too late.

### 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

**A** GROUND-BREAKING study has successfully identified eight key habits that have the potential to extend your life by more than 20 years.

These crucial factors, pinpointed by researchers, exert the most significant impact on lifespan:

- Being physically active;
- Abstaining from smoking;
- Effectively managing stress;
- Maintaining a healthy diet;
- Avoiding regular binge drinking;
- Steering clear of opioid addiction;
- Ensuring restful sleep;
- Nurturing positive social relationships.

To reach these findings, data from the Veterans Affairs Million Veteran Programme was analysed, involving a vast pool of over 700,000 American participants. The results revealed that men who wholeheartedly adopt all eight of these habits at the age of 40 could remarkably increase their life expectancy by a massive 24 years compared to their counterparts who do not embrace these prac-

tices. Similarly, women adhering to these habits could add an extra 21 years to their lives.

The study again highlights the profound impact of lifestyle choices on longevity of life, with low physical activity, opioid use, and smoking standing out as the most significant factors linked to a 30-45% higher risk of death. Furthermore, stress, binge drinking, poor diet, and inadequate sleep each contribute to about a 20% increase in the risk of mortality.

It is worth noting that even starting these lifestyle changes later in life, be it in your 40s, 50s, or 60s, can still prove beneficial in

enhancing overall lifespan and reducing the risk of chronic diseases such as type 2 diabetes and heart disease, which can lead to premature disability and death.

If you take time to look at your weekly/monthly habits you may think that some of these habits only occasionally come into your life but when they are repeated, daily/weekly/monthly they will have an impact as you age.

You do not want to be in the position of knowing the potential impact but not acting on it, thinking it won't happen to you. Over 25 years dealing with clients has shown me that, therefore, look to make some sensible lifestyle decisions now.

This latest study highlights the critical role of lifestyle factors in shaping our health and longevity.

By acknowledging and incorporating these positive habits you can proactively contribute to your health and potentially add more years of fulfillment to your life and do the things you enjoy, in good health, for longer.

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

**Motivational quote of the day**

**> David Fairlamb's Tynemouth Beach Bootcamp is just one of many ways you can keep physically active and potentially help to add years to your life**

