

# Health Topic of the Month

## 7 Tips to Add Years to Your life!

### 1 - Eat Breakfast

*People who eat breakfast have a longer life expectancy and tend to be slimmer than those who dash to work on an empty stomach. Breakfast kick starts the metabolism and reduces the temptation to reach for an unhealthy snack later on, which reduces the risk of obesity and associated problems. Porridge is ideal as it contains soluble fibre which helps reduce cholesterol. High fibre cereals or wholemeal toast and fruit are other healthy choices.*

### 2 - Meditate or take time out

*Studies have found that people who improve emotional well being e.g. practising meditation, increase their life expectancy. Meditating lowers blood pressure and increases resistance to infections and disease. It also improves oxygen supply and energy levels. Meditating can be as simple as taking 10 -15 minutes to relax and concentrate on slow and controlled breathing.*

### 3 - Brisk Walking

*Regular, vigorous exercise has been found to lead to a 25% reduced risk of death, while moderate exercise 5 x per week cuts the risk of a heart attack by more than 50 per cent. Walk fast enough so that you can breathe faster than normal, yet can still comfortably hold a conversation for 20 – 30 minutes, five times per week. This will boost the strength of your heart and help maintain healthy bones.*

### 4 - Tea Break

*Two cups of tea has as many antioxidants as 20 glasses of apple juice. Antioxidants mop up the naturally occurring substances in the body that cause wear and tear to cells. Black tea contains Polyphenols which protect against the bone thinning condition Osteoporosis and can prevent sun damage to the skin and boost immune function.*

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### 5 - Take a stretching break

*Incorporate regular stretching exercises into your day, especially if you have a sedentary office job or spend long hours commuting in the car. This will help aches and pains and keep the joints and muscles flexible, preventing the stiffness that can lead to reduced mobility and poor health.*

### 6 - Wash your hands

*Studies have found that regularly washing your hands reduces the risk of respiratory infections such as flu by 45 per cent. Any improved protection against disease helps increase life expectancy. Washing your hands five times per day offers the best protection.*

### 7 - Express your anger!

*Bottling up irritation can increase the risk of heart disease by as much as 75 per cent. However once you have got your irritation off your chest, move on. Research has found that those who hold grudges or who dwell on negative events, have less immunity to illness and infections than those who forgive and forget.*