

Live long,  
live happy



# Three ways to... Boost longevity

Want to live to see your 100th birthday? Change your lifestyle and you might be in with a shot, says **Louise Pyne**

**A** blood test that tells you how long you'll live for is due to go on sale in Britain later this year, estimating lifespan by measuring small structures called telomeres, found at the ends of chromosomes in our DNA. Telomeres control the ageing process, and people with shorter telomeres have an

increased risk of developing age-related diseases. The test has raised eyebrows for ethical reasons, but it's also thought it may inspire people to protect their wellbeing. While you can't reverse damage that's already been done, there are ways to safeguard your health against age-related diseases...

*'Following a diet rich in proteins, fats and carbohydrates is essential'*



■ **Hannah Richards, functional diagnostic nutritionist and advanced Metabolic Typing advisor**

**The longevity connection:** The population with the

longest life expectancy are the Japanese Okinawans, who have more people living to 100 than anywhere else in the world, and have low rates of heart disease and many cancers. One of the biggest factors that contributes to their longer-than-average lifespan is thought to be their diet, which is rich in plant foods, wholegrains and fresh, organic produce.

**The big picture:** Following a healthy diet of organic, free range and seasonal produce and drinking fresh, filtered water daily is vital for longevity. The body is an organic being and so we should follow the rules of our ancestors and eat the same way as they did. Age-related illnesses take 10-15 years to rear their ugly head, so eating and drinking correctly are the most important things you can do to prevent degenerative diseases.

**Live it:** The optimum diet is made up of: proteins from legumes and organic, free range meats and fish; fats from coconut oil and olive oil, nuts and avocados; and carbohydrates from colourful fruits, vegetables and wholegrains. Try and eat local, seasonal produce to ensure freshness - and remember, if you cut out a whole nutrient group you are not feeding your body correctly and it will break down. Aim for a broad spectrum of protein, fats and carbohydrates.

**For more info:** [www.movethreesixty.com](http://www.movethreesixty.com)

*'Regular exercise plays a role in preventing many age-related diseases'*



■ **Ricardo Macedo, celebrity personal trainer**

**The longevity connection:** Exercise boosts our endurance, vitality and flexibility; all things that tend

to decline as we age. There's a wealth of research that links physical activity and a lowered risk of cardiovascular disease, cancer, type 2 diabetes and a range of other degenerative conditions.

**The big picture:** Physical activity cuts the risk of heart disease by half by helping to lower blood pressure, boost blood flow and reduce the levels of LDL cholesterol (the 'bad' cholesterol) in the blood. Women who exercise regularly also have a reduced breast cancer risk, because physical activity lowers body fat, which in turn reduces the levels of cancer-promoting hormones. Getting fit has also been shown to help manage blood sugar levels, thus helping to ward off type 2 diabetes.

**Live it:** To boost long-term health, it's advised you do at least 30 minutes of aerobic exercise such as walking, swimming or cycling every day. To increase your daily activity, join gym or leisure centre classes or community walks, or power walk or cycle to work. Exercise should fit into your routine as much as possible.

**For more info:** [www.r-fitness.co.uk](http://www.r-fitness.co.uk)

*'The power of the mind can help you lead a long life, full of energy'*



■ **Tom Barber, hypnotherapist, psychotherapist and counsellor**

**The longevity connection:** In a world where we go through life at a breakneck

pace and results are expected super-fast, our attitude can take some knocks along the way as the pressure takes its toll. This can have a rollercoaster effect on our health, resulting in conditions such as stress, high blood pressure and depression.

**The big picture:** There are many studies that show a direct link between a positive mental attitude and improved health. Research by Stanford University and the American Psychological Association even points towards a positive attitude leading to a longer life, so it's worth remembering just how important it is to seek ways of shifting our mental state and taking a positive outlook on life.

**Live it:** We've all heard the old adage: 'is the glass half empty or half full?' Perspective is key in developing a positive mental attitude to life - which is where positive mental programming comes in. Periods of relaxation, well-planned days and regular exercise are just some of the mood-boosting ways you can improve your mental wellbeing in the long term.

**For more info:** [www.lifehouse.co.uk](http://www.lifehouse.co.uk)

**'REGULAR EXERCISE CUTS HEART DISEASE RISK BY HALF, BY BOOSTING BLOOD FLOW AND LOWERING BLOOD PRESSURE'**

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