

# Health 'Super'

GOOD HEALTH BUYS YOU MORE TIME.

## HEALTH HABITS

Regular good health habits can build your body's physical reserves for a healthier, happier and longer life.

Consistently practicing good habits automatically deposits into your Health 'Super' balance. The sooner you start the better and it is never too late to begin.



## 1) MOVE MORE

If exercise were a pill it would be the most prescribed medication. Thirty minutes a day of moderate physical activity protects heart health, lowers the amount of bone loss and reduces overall mortality. The World Health Organisation recommends five sessions of aerobic exercise, eg., walking, cycling, swimming, dancing, and two sessions of resistance training, eg. squats and bicep curls, or yoga, pilates or weight training. In the second half of life add balance and flexibility exercises to your routine.

## 2) EAT WELL

A healthy diet gives you energy and lowers your risk for heart disease, diabetes, cancer, and other diseases. Diet advice can be complicated but the best comes from author Michael Pollan: "Eat food. Not too much. Mostly plants". Of those plants, choose a rainbow of colours to make sure you get all the nutrients you need. Plus whole grains, 'good' oils, and plenty of herbs and spices. Avoid highly processed foods, refined grains and added sugar.

Alcohol and tobacco are poisons and are detrimental to your health. It can be useful to think of alcohol and tobacco as high administration fees that are leeching away your health reserves.

## 3) SLEEP RIGHT

Too much and too little both have health effects. A good night's sleep recharges both the body and mind, and helps the body repair cells and get rid of waste. Sleep is also important in making memories. Establish a consistent pre-sleep routine to condition your brain to expect what comes next. Start winding down an hour before bed time. Create a cosy sleep environment - comfortable, cool, quiet and dark. Minimise disruptors, including large meals, caffeine, alcohol, long naps, pain and stress.

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