

Your wellbeing

LATEST HEALTH SOLUTIONS FOR YOUR MIND AND BODY

3 WAYS TO...

Embrace change

1 START SMALL You are more likely to stick with it if you aren't overambitious, says behavioural psychologist Jo Hemmings. 'Embracing change gives us opportunities to become more adaptable and resilient, to achieve personal growth and development, and prevent us getting stuck in unhealthy habits.'

2 SET SMALL GOALS And reward yourself for achieving them.

Whether you're eating more fruit and veg or using dental floss, remind yourself of the long-term benefits.

3 CUT YOURSELF SOME SLACK Making changes should be consistent but if you have a tough day or week, it can feel bad. Don't be too hard on yourself and get back on track when you're ready. To learn more about making small changes for better health and wellbeing, visit tepe.com/uk/make-the-change



HOW TO UP YOUR EXERCISE IN LATER LIFE



James Staring is the lead fitness trainer at Fit to Last.

Reaching your 60s doesn't mean you and exercise need to be strangers – even if you've been sedentary through middle age. You could see significant improvements to your health but it's vital to choose activities you like. Tom Cruise, who's 61, loves to run. But if you find it tedious, don't do it. We all gravitate to the things we enjoy, so if you like being in the countryside, start with long walks. If you love beach holidays, swimming may be best for you. Starting with things that you already like makes it easier to maintain the habit.

Planning is important. Choose times and durations that you can commit to week in, week out. Being realistic is preferable to unsustainable ambition. If 20 minutes twice a week is all you can fit into your schedule, allow that to be a good thing. Build on small wins.

As part of your motivation to keep up (and in time expand) your exercise habit, remember the various benefits it can deliver.

By starting exercise at 60 or older, you can reduce the risk of chronic



diseases as well as reduce the impact of these conditions. For example, exercise can't eliminate arthritic pain but it can help alleviate the pressure on your joints. Exercise also reduces the risk of Alzheimer's disease.

Additionally, increased activity will cause you to breathe a little bit deeper and a little bit heavier. By challenging your body this way, it will adapt, and you'll breathe more effectively as a result. And when you breathe more effectively, you'll become better at sending oxygen out to the rest of your body. This will help you feel more energetic as you go about your day.

Remember that every little bit of physical activity helps. The key is to exercise regularly and consistently.

*** James Staring is the founder and lead fitness coach at Fit to Last personal trainers; fittolast.co.uk**

NEWSFLASH

Eye scans to spot Parkinson's disease

Using AI to scan the eye could detect Parkinson's in people around seven years before they have symptoms, according to a study by Moorfields Eye Hospital and the UCL Institute of Ophthalmology. It detects subtle changes to the eye structure, which could be used to screen for the progressive brain condition that causes uncontrollable movements such as shaking.



New read

Woman's Weekly Healthy Living magazine

Get your body winter-ready with the latest issue. It includes expert advice about fighting bugs, improving sleep quality and topping up your levels of health-boosting vitamin D. There are tips on feeding mature skin, plus how walking can overhaul your health and happiness.

Out this Thursday!

