

Don't Stop Moving

If S Club 7 were singing this in 2001, I hope you have not stopped moving in isolation in 2020. This is because ageing is a natural physiological process and it is important to develop interventions that contribute to successful ageing. Do you remember your parent(s) giving some sound advice “get out and play”. This is no different to Boris saying go out for exercise a day. All of it is the same, it is just you have different respect levels to one than the other. The bottom line is, we should be finding at least sometime in the day to focus on exercises aimed at improving cardiorespiratory fitness, muscle function, flexibility, mobility and balance. **ALL what you can do at home.**

Before this I was coaching over 30 sessions a week, which was all based on one thing: **Helping all my clients get fitter in someway to spend more time with their loved ones.** It would be a huge kick in the nuts to me and what the future holds, if everyone has just decided to stop.

Therefore, to kick everyone up the bum. **REMEMBER** if you want to live longer and healthier, it only takes a few basic lifestyle changes to lower chances of getting age-related diseases and increase chances of staying active and independent.

Regular Exercise decreases the risk of death, prevents the development of certain cancers, lowers the risk of osteoporosis and increases longevity. Additionally, you'll have a healthier heart as it raises healthy HDL cholesterol levels and reduces unhealthy LDL cholesterol. On top of that your blood pressure and blood sugar levels will be getting lower and you are burning body fat. Additionally, professionals have said exercising once or twice a week, as opposed to never or rarely exercise, certainly adds at least a year or two to your life.

Research is clear - exercising regularly yields tons of positive effects, for your longevity, your physical health, your mental health and your quality of life. **Don't forget it is not the years you add to your life, it is actually the life you add to your years. So go heed your parents (or Boris) advice. GET UP and out, and get moving.**