# Body

http://www.formulaforlife.com.au/images/spacer.gifIf you feel tired, rundown and generally lacking vitality, there is a good chance your lifestyle is to blame. Our growing reliance on processed foods, combined with poor eating habits, a sedentary lifestyle, the polluted environment and the rapid pace of life, all take their toll on our health and well being. Not only do these factors affect how you feel today but also whether you'll enjoy a long and healthy life in the years to come.

If you want to play an active role in ensuring you have a long and healthy life there are four factors you need to consider:

* Diet
* Environment
* Exercise
* Gene

While you can't change your genetic make up, your diet and lifestyle are totally up to you. Formula for Life is designed to help you start putting in place those habits that can improve your general well being and longevity now and in the future.

## rl_chillidressingDiet-related diseases

http://www.formulaforlife.com.au/images/spacer.gifJust a hundred years ago, many of the most common human afflictions were the result of an insufficient intake of vitamins, minerals and other nutrients, due largely to the lack of availability or high cost of fruit and vegetables. Today, the pendulum has swung to the other extreme and although now almost everyone can afford and access fresh fruit and vegetables, we prefer to replace them with convenience foods. The most common diseases we see today have strong links with the changes in diet and lifestyle that have happened during the years.

* Cancer
* Cardiovascular disease
* Dental diseases
* Diabetes
* Osteoporosis
* Obesity

## Your genes

http://www.formulaforlife.com.au/images/spacer.gifHow often have you heard the expression 'I can't help it, it's in my genes'? A convenient explanation for the creeping waistline, disease and bad habits or just a cop out?

Whilst it is true that your genetic make-up (and family history) determine some of your appearance and your health prospects, genes do not account for everything. In fact, there is growing evidence to suggest that your health and appearance are also governed strongly by your environment - what you eat, how you exercise, how you work and play, and other lifestyle factors.

Knowing your family history and health risks gives you an opportunity to influence your fate. For example, if diabetes or heart disease runs in your family, then the evidence is there to say you may be able to reduce your risk of developing these diseases by making some smart lifestyle choices. Stay active, eat healthy foods and keep your body weight in check. The same message applies to not so life threatening problems which seem to 'run in families' such as overweight, constipation and haemorrhoids (piles).