# Lifestyle

http://www.formulaforlife.com.au/images/spacer.gifIf a bus hits you tomorrow, it could be argued there's not a lot a carrot juice could have done to prevent it. Or could it? Undoubtedly, there are many cases where, in isolation, diet would probably make no difference to the events that have shaped a life. But equally, we all know people who seem constantly dogged by ill health, and so often it seems to parallel their lifestyles that, in some respects, are out of control.

The fact is, if you're healthy and fit, you're probably a strong character who has the discipline to be in control. People will call you lucky (and you are). However you largely determine what happens in your life. If you eat just about anything that wanders into range and don't exercise, chances are you're losing control and "life" will largely determine what happens to you. But if you decide to take control of your life now and make the commitment to a healthy diet and active lifestyle you will reap the rewards of good health and you can become that "lucky" person.

## Good Health checklist

http://www.formulaforlife.com.au/images/spacer.gifIt is always good to remember the following in trying to maintain good health:

* Healthy eating - remember to eat lots of vegetables and fruit and to reduce your intake of saturated fats and sugars. Click through to the diet calculator to see how your diet rates.
* Exercise - try to do at least 30 minutes of moderate activity a day. You can do a quick check of your fitness and flexibility yourself (these tests indicate minimum levels only)
* To test fitness - if you can walk a kilometre in less than 18-20 minutes, or you can walk up a flight of stairs without getting puffed you are probably in reasonably good cardiovascular shape.
* To test flexibility - sit on the floor, stretch out your legs keeping them flat on the floor. If you can touch your toes you are probably reasonably flexible.
* Stress - try to keep stress levels to a minimum. Learn to manage your stress and set time aside to relax.
* Alcohol and Smoking - limit your consumption of alcohol and choose not to smoke.
* Check ups - periodically visit your doctor to conduct the following checks:
  + blood pressure, blood glucose, and cholesterol
  + skin cancer screenings
  + For women - pap smears and breast exams
  + For men - prostate and testicular cancer screening

## Exercise

http://www.formulaforlife.com.au/images/spacer.gifIt is now generally well recognised that in addition to a healthy diet, regular physical activity is important in maintaining good health. Regular exercise helps decrease the risk of disease (especially cardiovascular disease), can help strengthen bones and can increase metabolism. The National Physical Activity Guidelines for Australians recommend that we follow these guidelines:

1. Think of movement as an opportunity, not an inconvenience;
2. Be active every day in as many ways as you can;
3. Put together at least 30 minutes of moderate-intensity physical activity on most, preferably all, days;
4. If you can, also enjoy some regular, vigorous exercise for extra health and fitness.

We all know how hard it is to stick to an exercise program especially when there are so many demands on our time in modern and busy lives. However you can achieve more favourable health and fitness just by making the decision to do 30 minutes of physical activity on most days. If 30 minutes seems too much, then start with 10 minutes blocks of activity and aim to do these three times a day.This can easily be incorporated into your day as the tips show below.

### TIPS:

* Taking a walk at lunch
* Using the stairs instead of the lift
* Walking instead of driving to the local store
* Getting off a stop earlier on the bus or train
* Swimming at the local pool with your friends or family
* Jump up at the ad breaks on TV and skip or walk on the spot! By the end of a show, you may have added another 6 minutes or so of exercise to your day
* Join the kids for a quick game in the garden after school instead of sitting on the sideline. You will find you can spare 10 minute chunks out of your day.

You can gain the greatest health benefits by combining exercise with healthy eating. Altering your eating habits can be the easiest step to getting into a positive frame of mind so you can take control of your health. Whether you're trying to achieve peak fitness or just avoid becoming flabby, what you eat, when you eat and how you eat will influence how successful your exercise is in achieving general health. And if you're eating the right things, you'll feel a lot more like being active in the first place.

## Environment

http://www.formulaforlife.com.au/images/spacer.gifThe increasing levels of pollution in our environment are an unfortunate result of urbanisation and population growth throughout the world.

Weare all aware of some of the effects industrial pollution has had on the healthof individuals and the environment in the past, however many people are unaware of some of the effects of traffic related air pollution. Recent studies have shown that air pollution from traffic may be responsible for excess numbers of lung cancer in urban areas . Traffic also contributes to much of the carbon dioxide in the atmosphere, which, over the last 150 years, has increased by around 33% and is a major cause of the worldwide rise in temperatures and long term climactic changes

Although this is all the collective result of millions, you can try to minimise the exposure you have to pollution and the pollution you cause.

If you wish to live a long and healthy life, take the time to carefully and critically analyse your immediate environment. How big a role is pollution playing in your life and that of your family? Do you really have to live under a flight path, or in a heavily polluted city? Is it time to quit smoking (if you need a motivating factor, remember tobacco use is one of the leading preventable causes of death, along with diet, lack of physical activity and injury). Ask yourself, what actions can I take today in order to give my family and myself a cleaner, healthier lifestyle?