

Living Better

Scientists are telling us we are going to live longer, centenarians [people age 100 and over] are the fastest growing segment of our population. But is living longer living better? We cannot change the passing of time, we will continue to age chronologically, hour by hour, day by day, year by year, this is inevitable. However we can control our biological age. You can be Thirty years old with a Sixty year old biological body due to poor food choices and a sedentary lifestyle. The reverse is true; a fifty year old with an active lifestyle can have the biological body of a thirty year old.

By the time you are Fifty 80% of how well and how long you will live is dictated by lifestyle, the other 20% is genetics and karma. These lifestyle choices include physical fitness, proper nutrition and maintaining relationships with friends, family and the community.

Seems simple, the old adage "Use it or Lose it" is true. Physical fitness is the combination of flexibility, strength and endurance.

Stretching is an important part of an active routine. Allowing your body to move through its natural range of motion maintains the health of the joints. A healthy stretch stimulates the ligaments, tendons, fascia and muscle fibers, lets them know they are still needed, even bringing them out of cold storage. Loss of movement and stiffness is not because of age it is because we gradually stop making full use of our body.

Strength training, men and women begin to lose muscle tissue and bone mass as they enter into their thirties. Strength training is proven to slow down the loss of muscle tissue and bone mass. It increases stamina, improves energy levels, reduces the incidence of aches and pains and helps maintain healthy body weight.

Endurance training maintains the health of the circulatory and respiratory systems helping to prevent strokes, heart attacks, memory loss and impotence.

The combination of Stretching, Strength and Endurance creates balance and this will prevent the devastation of a fall that often marks the beginning of the end.

Proper nutrition is not about dieting it is eating to support your activity level. Eat... eat fruits, vegetables and whole grains; they are full of fiber and micronutrients. Protein eat lots of fish, oily ones are good ones. Chicken and beef in that order and eat less than you think you need. Eat the unsaturated fats; they are key building blocks of our cells. One book, I read said it simply just "Eat less Crap" and that says it all.

Maintain relationships and build new ones we are a species that is hard wired to connect with one another.

My Guru has a saying “You are never too old, too bad, too sick to start again and begin from scratch”.

Live longer and live better. Start today.

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