



*Berkshire  
Tai Chi*



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## *7 Tips for Keeping Healthy*

### **1. Get fit!**

The science and data are unequivocal on this – the fitter and stronger you are, the better your chances of living a long and healthy life. Exercise, and using your muscles, is anti-inflammatory (as long as you don't overdo it).

### **2. Keep moving.**

Overall fitness is important, but data is also showing that lounging around all day, without moving for long periods, is also bad.

### **3. Don't over-eat. Occasionally, calorie restrict for 4-5 days per month.**

Reduce your calories on the occasional day to 40 % or less than you might normally eat – you need to feel hunger; then eat normally on other days.

### **4. Avoid foods containing lots of saturated fat and excessive sugar:**

Your body reacts to excessive saturated fat as it is the kind of fat found in bacteria – excess sugar overloads the system and gets converted into fat! Excess body fat is inflammatory!

### **5. Switch to using unsaturated fats and reduce intake of red meat.**

### **6. Eat lots of coloured fruit and vegetables.**

They contain compounds that mildly stress your system and also contain fewer calories. They toughen you up from the inside.

### **7. Turn the thermostat down.**

Cold is a powerful stressor, make your body work a bit to keep warm.

*In short, reintroduce some stress into your life; there is a very simple evolutionary reason why excess and comfort shorten life, and why a bit of the right kind of stress lengthens it. You cannot argue with natural selection!*