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Enjoy better health and a better life

Liz Copeland's newsletter
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LIVING UP TO YOUR LIFE SPAN

The Office of National Statistics recently released a mass of information about the way we live in the UK. We are living longer so our Life Span is increasing. But for the last few years of our lives (8-10 years) we may have poor health. Our Health Span is considerably less than our Life Span.

Of course we all falter a bit in old age. This reminds me of a story about a campaign to raise awareness of the health needs of newborns; a poster was designed saying "The first 3 days of your life are the most difficult." Some wit wrote underneath "The last 3 days are pretty tricky too." And so they are!

But all of us could do something to increase our Health Span. So think about what you will do, this week, today, right now to increase your Health Span.

Some suggestions to get you started:

- **Get a bit more exercise**
- **Laugh more**
- **Buy and eat a new fruit or vegetable**
- **Drink more water**
- **Have more hugs**

And if you want a tailored programme to help you towards your Health Span goals, contact Tranzformations.

Live long and prosper!