

# Live to a Ripe Old Age



Do you want to live to be a very old man or woman?  
(Yes, it will happen to you too!)

Living to an old age is something we all want to do,  
and there are things you can do to improve your  
chances.



- People are living longer now than they ever have in the past. We have more food than in the past- *sometimes too much!*
- Health care is now so much better, as we learn more about the human body and its illnesses.

So what can we do to help us grow old healthily?



1. Stop (or never start) smoking or taking drugs. (The ones the doctor gives you are fine.) Around **20%** of people in Britain smoke, but they make up **90%** of the deaths from lung cancer. Smoking also causes heart disease and strokes.

2. Live an active lifestyle. If you don't exercise, it can cost you **4 years of life** as you get older. (That's 4 Christmases, 4 summer holidays, 4 seasons of sport, 4 FA Cup Finals, etc.) People who **DON'T** exercise are twice as likely to have a heart attack or stroke.



3. Have a healthy diet. Eating a healthy diet is one of the most important thing you can do to help you live longer. Are you eating enough fruit and vegetables? Are you eating lots of junk food? Are you drinking enough water? Are you drinking too much fizzy pop?



4. Keep to a healthy weight. **2/3** of adults in Britain are overweight! This can often cause heart disease and strokes. Being obese can cut **4 years** off your life!

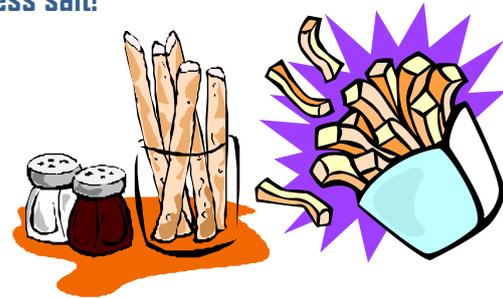
So, what's it to be? This....



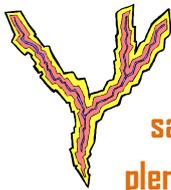
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5. Control your blood pressure. High blood pressure is often called **'The silent killer'**. You often can't feel it. It means you have **40%** more chance of having a stroke, and **25%** more chance of having a heart attack. Want to give it a miss? Eat less salt!



6. Control your cholesterol. High levels of cholesterol (**look it up**) can lead to a build-up of fat in your arteries, and could make you have a heart attack or stroke. Don't eat too much saturated fat. Eat oily fish and get plenty of exercise.



7. Manage Diabetes. 2.5 million people in Britain have **diabetes** (**look it up**). Many people don't even know they have it. It is often caused when people eat too much and get too heavy. It raises the risk of heart disease and other diseases. Eat a healthy diet and get plenty of exercise to avoid it.



Of course, there's one way to get plenty of exercise. Get out into the countryside and look at the wildlife. Why not get your family out at the weekend to walk in the woods. (**DON'T GO ALONE!**) If you think you've found a badger sett, let us know via the website. We'd love to hear from you.

Why not try bird-watching?  
There's so much to see out there.  
You just need to get out and look.

