



General Health Facts

To be your happiest and healthiest self, here is a selection of health facts from fitness to food to hydration. These top tips and random health facts will keep you fighting fit.

General Health Facts

- **Laughing is good for the heart** and can increase blood flow by 20 per cent.
 - **Exercise will give you more energy**, even when you're tired.
- Always look on the bright side: **being an optimist can help you live longer.**

Mental Health and Longevity

- Feeling stressed? Read. Getting lost in a book can lower levels of cortisol, or other **unhealthy stress hormones, by 67 per cent.**
- **Smelling rosemary may increase alertness and improve memory** so catch a whiff before a test or important meeting.
 - Yoga can **boost your cognitive function and lowers stress.**
- Walking outside – or spending time in green space – **can reduce negative thoughts and boost self-esteem.**

Health and Food

- Chocolate is good for your skin; its **antioxidants improve blood flow and protect against UV damage.**
- **Almonds, avocados and arugula** (the three 'A's) can boost your sex drive and **improve fertility.**
 - Eating oatmeal provides a serotonin **boost to calm the brain and improve your mood.**



Health and Fitness

- Walking at a fast pace for three hours or more at least one time a week, you can **reduce your risk of heart disease by up to 65%**.
- Regular activity can **ease the severity and reduce the frequency of lower back pain**.
- Running is good for you. People who run 12-18 miles a week have a **stronger immune system and can increase their bone mineral density**.

Health & Hydration

- Dehydration can have a **negative impact on your mood and energy levels**. Drink enough water to ensure you're always at your best.
- The spinal disc core is comprised of a large volume of water; therefore, **dehydration could lead to back pain**.
- A lack of water can cause a range of problems, such as constipation, asthma, allergy and migraines.

Good Health Practices

- To lose more weight, don't treat exercise like a chore and **focus on the fun in your activity**.
 - The **blue light in phones** can mess with your circadian rhythm.
- Feeling down? **Plan a holiday**. Not only will getting away make you feel better, but planning and anticipating the holiday will also give you a happiness boost.
 - Cardio exercise before breakfast **can burn more fat**.
- **Breathing deeply in moments of stress**, or anytime during the day, brings many benefits such as better circulation, decreased anxiety and reduced blood pressure.