

# Healthy Living



In this modern, fast living, stressful society your personal health often suffers.

**E**specially in this hectic modern society, it becomes more important very day to consider your personal health. A balanced diet and fitness regime are as important as a healthy environment.

In Lanzarote you will find a unique setting for living healthy. The average year-round temperature of between 22 and 24 degrees, 330 days of sunshine, and the pure air provide a climate which makes life easy to live—as the old saying goes, “sun is the best medicine”. What could be healthier than a daily walk on the seafont? A large number of chronic illnesses, for example respiratory and circulatory problems, improve by living in a temperate climate.

The health service on the island has improved dramatically in recent years. The quality of medical care meets the standards you would expect in Europe. In the General Hospital in Arrecife or the Medical Centres located in every town, the public health system provides some of the best doctors in the whole of Spain. In the private health sector, a large number of specialists from all over Europe have opened their own practices. Dentists from Scandinavia, gynaecologists from Germany or surgeons from Great Britain—you will always find the specialist that you need in an emergency situation.

Professional companies also offer care services for the elderly and can supply anything from oxygen machines to advanced medical equipment—everything modern medicine requires.

Within the European Union, it is becoming easier every day to transfer your health care from your own country to Lanzarote. This includes the right to medical treatment under the Spanish health service, as well as any private medical care you have arranged in your own country. Research has proven that Playa Blanca with its modern infrastructure, is an ideal location for handicapped people. Over 60 percent of the facilities in the south are suitable for handicapped and disabled persons. This is a record for the Canary Islands.

**Living on Lanzarote is the right step for a healthy lifestyle.**

