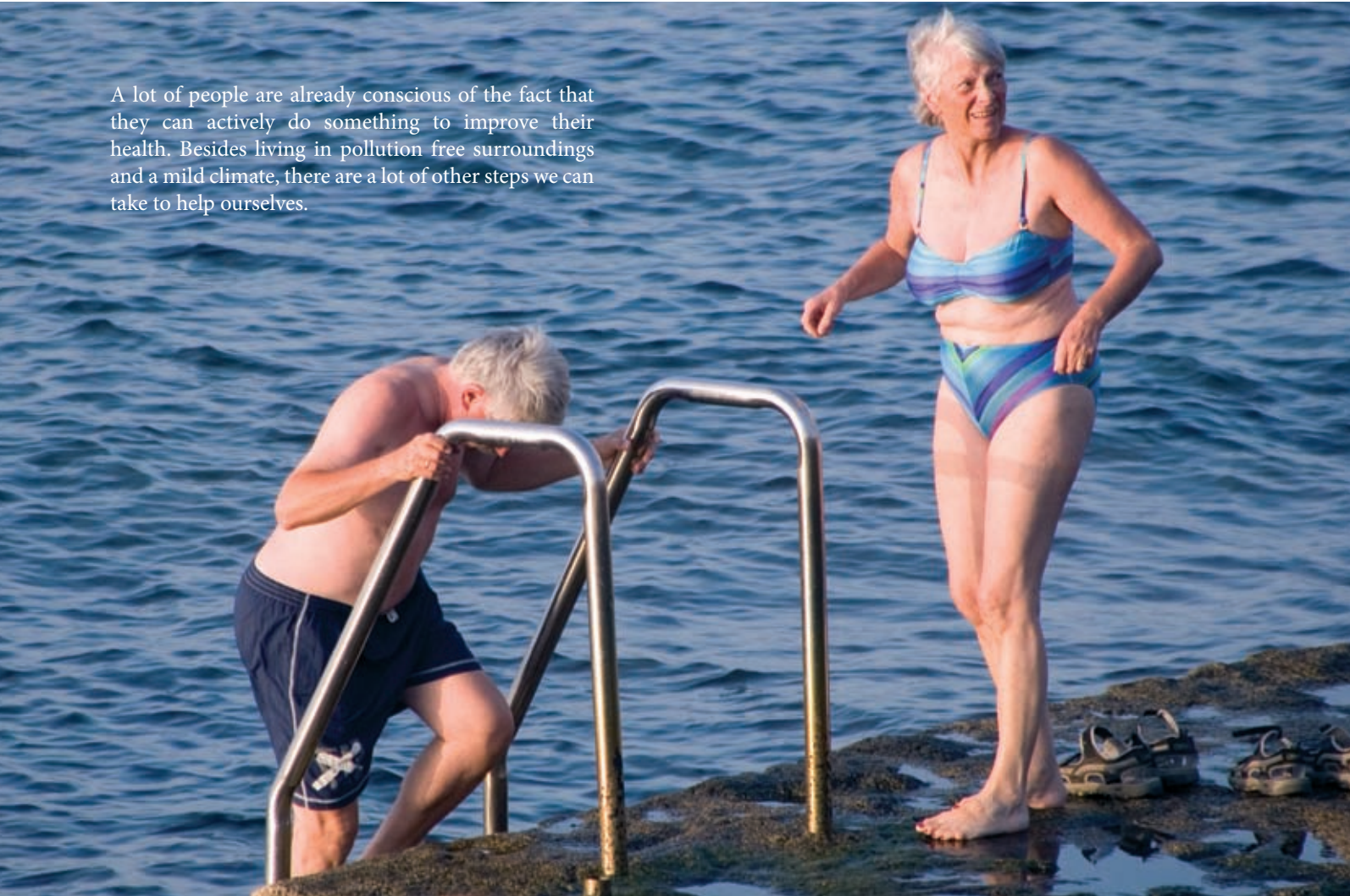




health is not just a matter of destiny

A lot of people are already conscious of the fact that they can actively do something to improve their health. Besides living in pollution free surroundings and a mild climate, there are a lot of other steps we can take to help ourselves.



The wish to live longer is as old as humanity, modern medicine and research have brought that dream closer. At the same time research proves that getting older and staying healthy is only to a small extent a matter of destiny or genetics. The biggest part we have in our own hands, and already with small changes to your way of life everybody can improve their life expectancy.

It is important to live healthily, stopping smoking for example will help to prolong your life. Equally important is what and how much you eat. Overweight in the young is a big problem nowadays, if, for example you are 180 cm tall and weigh more than 97 kilograms you are officially seen to be obese. Ten percent of all strokes are

due to a bad diet. Another factor for longer life is regular exercise, more and more research studies are proving that exercise not only prevents illnesses, it can also heal.

But that does not mean that we all have to become athletes. We already know that exercise, such as walking say four or five times a week, can improve your life expectancy, and if done regularly it can strengthen your immune system and helps to maintain a better metabolism. Have a look at groups of older people who walk daily on the promenade here in Playa Blanca, especially in the early evening. Dressed in track suits and trainers, they take their daily routine seriously, yet still finding time for chats and laughter on the way. Thanks to the

good climate here in Lanzarote, it is easy to exercise the whole year round.

Besides the unique climate the quieter way of life found on this island, without pressure and stress such as you have in big cities, also has a positive influence on our health. You have time to relax instead of chasing your tail. At first some newcomers have a problem to get used to the slower pace of life, but gradually they realise the great advantages that there are in this slower lifestyle.

It is important to have in mind that a healthy and long life is based on different things, the more we respect them the better the result. All this adds years onto your life span as well as giving it a better quality which is equally as important ■