

● ● ● JOIN THE PLOGGING REVOLUTION

Running is good for your health, while picking up litter is good for the health of the planet.

Plogging – a new eco-conscious fitness trend – combines the two. The movement started in Sweden, and the word is a combination of 'jogging' and 'plocka upp' (Swedish for 'pick up').

The craze has already spread throughout Europe. Let's hope it arrives in South Africa soon.



METABOLISM MYTHS BUSTED

Think twice before you swallow these fibs.

MYTH: Your metabolic rate is set for life.

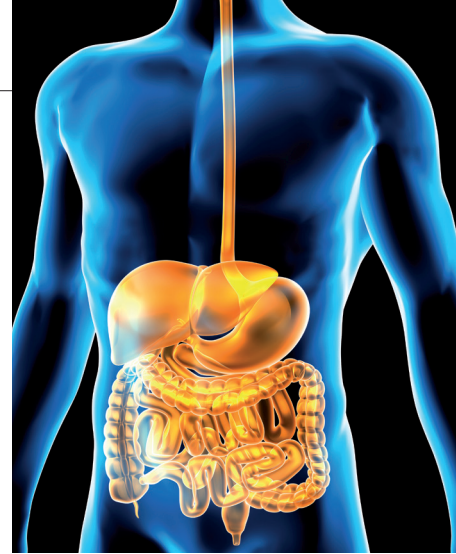
Actually, you can up your metabolic rate by increasing the amount of lean muscle in your body, as this burns more calories than fat. This becomes especially important as you age and muscle mass naturally declines, so keep up weight-bearing exercises.

MYTH: You can't control your metabolism.

Although your metabolic rate is influenced by genetics, there are certainly steps you can take to speed it up. These include drinking plenty of water, upping your protein intake and getting a good night's sleep.

MYTH: Eating late at night slows your metabolism.

Wrong again. It's the amount you eat, and not when, that makes you put on weight.



health

MOON MILK. SERIOUSLY?

Yes, this pastel-coloured evening drink is set to become the next big thing. Updating an ancient Ayurvedic remedy for insomnia, health-orientated Instagram devotees suggest spiking your warm bedtime milk with natural colourants, such as matcha powder, beetroot extract and turmeric. The secret ingredient is Ashwagandha, a medicinal herb that is said to help your body manage stress.



STRAIGHTEN UP

Taking a long drive? Pretend someone has dropped blocks of ice down the back of your shirt. Feel your shoulders pull back and your spine curve. That's how you should hold yourself behind the wheel.

WHY DO I BRUISE MORE EASILY AS I AGE

and what can I do to prevent it?

It's a multi-pronged issue: your body has less fat tissue to protect you – and your blood vessels are more fragile. Blood thinners and non-steroidal anti-inflammatory drugs are also culprits. Keep passages, doorways and staircases in your home free of clutter and ensure electrical cords are well-concealed under carpets to avoid an unnecessary trip. Consult a doctor if you notice unusually large or painful bruises that develop for no reason.

HEALTH AT HOME



Pensioners, for your convenience, you can schedule an appointment with Biofitt Wellness, who will conduct screenings and vaccinations at your place of residence. These screenings and vaccinations will be paid from your insured benefits and will not affect your day-to-day benefits or your savings. To schedule your appointment, call Biofitt Wellness on 021 820 4858 during office hours. For more, visit www.bankmed.co.za

To help you make smart daily choices

shorts

IT'S ALL ABOUT YOU!

Precision medicine (also known as personalised or individualised medicine) is a more tailored and precise way of diagnosing and treating disease. It's based on a deeper understanding of your unique biological makeup - including the information in your DNA - and your lifestyle choices. The field is still new but collecting this information is already becoming cheaper and easier.

In time, scientists believe you will

- ▶ spend less time in doctors' offices
- ▶ have more peace of mind knowing what is wrong
- ▶ experience fewer side effects from trial-and-error approaches to finding the correct treatment.

SWEET POISON

According to the SA National Health and Nutrition Examination Survey, the average South African now consumes 17 teaspoons of sugar and similar sweeteners a day. An excess of sweetened foods and drinks can lead to weight gain, blood sugar problems and an increased risk of heart disease, among other dangerous conditions.

If your doctor has suggested

you cut down on the sweet stuff, read your food labels. If there is more than 22.5g per 100g - or more than 27g in one portion - steer clear. The product is high in sugar.

SMART CHOICE:

Opt for stevia, a natural sweetener extracted from the leaves of a South American shrub.

YOUR MEDICINE CABINET – SORTED

If your medication is constantly exposed to light, heat or humidity – in other words, a steamy bathroom – it may no longer be useful. According to the Royal Pharmaceutical Society of Great Britain, a cool, dry, dark area such as your linen cupboard is ideal for storing pills and medicinal creams.