

Eyes Right!

Sell here for this health feature please and thanks sell here for this health feature

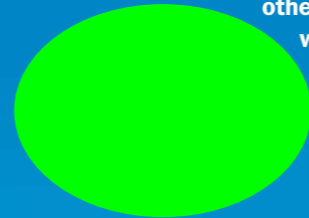


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An impromptu hello to a rarely-seen neighbour, a random act of kindness to a stranger, helping a mum juggling a pram, a toddler and three bags of shopping, or just generally being nice can lead to someone's day while boosting your own.

100 WORDS

Being nice releases the stress chemical, serotonin. Brain scans reveal the warm glow from helping others is similar to feelings associated with chocolate – but without the calories!



It's also been found that people who do voluntary work live longer and are healthier.

Being nice releases the body's

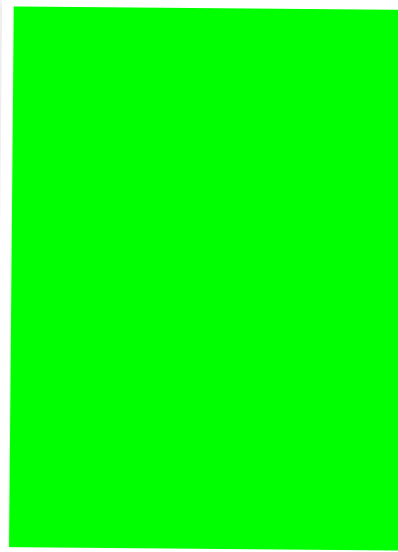
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Sitting for long periods every day is associated with health risks like osteoporosis, diabetes, back pain, anxiety and depression. Even millionaires spend over nine hours in their bottom.

90 WORDS

The medical profession is encouraging us to stand up and move, advising that anyone who sits for most of their working day should aim to be on their feet for a minimum of two hours.

"For the good of your health, intersperse sitting with standing," advises Mark



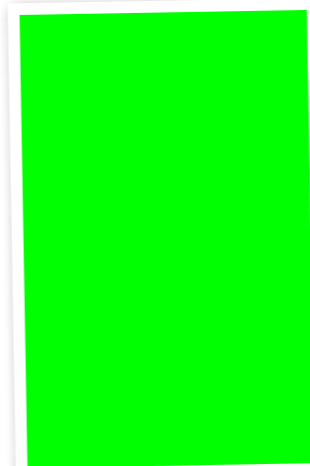
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No-one knows where the tradition of breakfast, lunch and dinner comes from but nutrition experts believe the three meals a day habit is the best way of ensuring a healthy diet, avoiding overeating, spreading calorie intake over the day, and avoiding weight gain and the associated health risks.

80 WORDS

Skipping breakfast or lunch (or both!) inevitably means that, by dinner time, you'll be

ravenous and unable to ignore cravings, stick to recommended portion sizes or make



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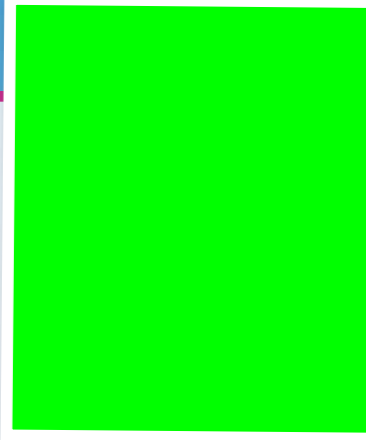
Reading is one of the best ways to give your brain a work out, helping to keep your mind functioning at its best possible level, relieving stress and even reducing the risk of conditions such as Alzheimer's Disease.

It's not only reading books that have health benefits – so do colouring-in books. The only limited research available, it seems to suggest our childhood love of colouring-in is a great way to reduce anxiety.

110 WORDS

Apparently, colouring in intricate designs fully engages the logical part of the brain, encouraging creativity while also enabling your thoughts to drift away and think about absolutely nothing at all!

Apparently, colouring in intricate designs fully engages the logical part



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Skipping breakfast or lunch (or both!) inevitably means that, by dinner time, you'll be ravenous and unable to ignore cravings, stick to recommended portion sizes or make healthy choices. "When you're

Choosing Sunglasses To Suit Your Face

Good, strong relationships with those around you, whether they're family or friends, can make a real difference to your health. In fact, researchers have found time and time again that the happiest people are those with strong social connections – and happiness has a

100 WORDS

direct link with our mental wellbeing, as well as appearing to lead to a reduced risk of heart disease and other illnesses. However, it's also been shown that the health benefits of spending time with other people only count if you actually like them! You need to surround yourself with



TIP!

Boost bone health by using a vitamin D supplement, such as Betadine or Holland & Barrett). Spritz daily under the tongue.

25 WORDS