

Health matters

Kelly Baker discovers the best foods to stop the ageing process, clever workout gadgets and more.

THE ANTI-AGEING DIET

Yes, you can slow the ageing process, says Kate Marie, co-author of *Fast Living, Slow Ageing* (Health Inform). She recommends you get started by looking at your diet:

FRESH IS BEST A diet high in fresh produce is always associated with a healthier and longer life.

AVOID ENERGY-DENSE FOODS Control your calorie intake by substituting foods that are less energy-dense.

AIM FOR SLOW AND STEADY Spread your meals out to make it easier on your digestive system. Also, opt for high-fibre foods. Fibre releases its nutrients gradually.

MAKE THE MOST OF EACH MOUTHFUL Skip foods that contain empty calories and instead opt for those that are nutrient-rich.



Go to sleep

Children who go to bed late and wake up late are 1.5 times more likely to become obese than those who go to bed early and get up early, shows research from the University of South Australia.

Furthermore, night-owls were almost twice as likely to be physically inactive and 2.9 times more likely to sit in front of the TV and computer for more hours than recommended. Adolescents who stay up very late and sleep in late in the morning are also at a disadvantage. "Our findings show this sleeping pattern is associated with unfavourable activity patterns and health outcomes, and that the adolescents who don't follow this pattern do better," says study co-author Carol Maher PhD.



“It is not that you lack self-confidence. What you lack is trusting what you know. You are the only person who knows what is true for you. Once you start acknowledging and trusting this, you will not have any more problems.”

Susanna Mittermaier, clinical psychologist and author of *Pragmatic Psychology*.