



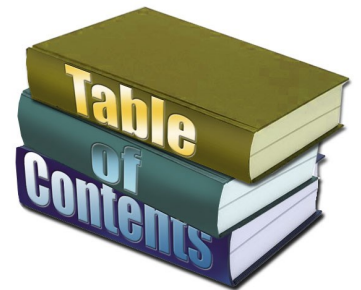
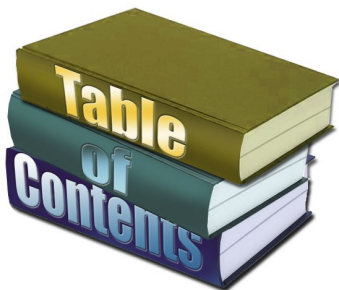
# Team Alfalah

Issue No. 31, Nov 2014



# Table of Contents

Editor's Note	Page 3
Islamic Corner	Page 4
Congratulations	Page 5
Profile	Page 6
Nanotechnologies	Page 7
Did You Know!	Page 8
Global health issues	Page 9
Breakfast	Page 10
Hairdresser Studio Insurance	Page 12
Sleep health	Page 13
Add Years to Your Life	Page 15



# Editor's *Note*

## Chief Patron

Mr. Nasar us Samad  
Qureshi

## Editorial Board

Dr. Fawad Sarwar

Syed Hasnain Zawar

Muhammad Salman Hameed

Dr. Iram Kashifa

“ Everyone wishes to give his children the best of everything. However, children don't need big houses and expensive clothes more than they require “time” and “love” from their parents. Following tips may help you to build a strong and healthy relationship with your children;

1. Start listening to your children. Communication is very important between parents and children that strengthens the relationship. Give time to listen their daily activities and problems. Then, try to offer them solutions accordingly as well.
2. Stop trying to catch your child doing something wrong but try to catch them doing something right.
3. Praise your child when he is doing something good. It will bring a confidence in him to achieve even better.
4. Every child is born with some special talent in him, try to find out and polish that talent.
5. Try to discover their interests and help them to work on these interests.
6. Limit their time to TV, computer and other digital gadgets. Instead, involve them to read the story books, newspapers and magazines according to their age.”

Dr. Fawad Sarwar

# Islamic Corner

## Surah Al-Juma - Ayat 9 - 11

يَا أَيُّهَا الَّذِينَ آمَنُوا إِذَا نُودِيَ لِلصَّلَاةِ مِنْ يَوْمِ الْجُمُعَةِ فَاسْعَوْا إِلَىٰ ذِكْرِ اللَّهِ وَذَرُوا الْبَيْعَ ذَلِكُمْ خَيْرٌ لَكُمْ إِنْ كُنْتُمْ تَعْلَمُونَ ۝

اے ایمان والو! جب جمعہ کے دن (جمعہ کی) نماز کے لئے اذان دی جائے تو فوراً اللہ کے ذکر (یعنی خطبہ و نماز) کی طرف تیزی سے چل پڑو اور خرید و فروخت (یعنی کاروبار) چھوڑ دو۔ یہ تمہارے حق میں بہتر ہے اگر تم علم رکھتے ہو ۝

**O Believers! When on Fridays the call is made for (Jumu'a) Prayer, hasten towards the remembrance of Allah (i.e. the Jumu'a sermon and Prayer) immediately and abandon purchase and sale (i.e. business). That is better for you if you have knowledge.**

فَإِذَا قُضِيَتِ الصَّلَاةُ فَانْتَشِرُوا فِي الْأَرْضِ وَابْتَغُوا مِنْ فَضْلِ اللَّهِ وَاذْكُرُوا اللَّهَ كَثِيرًا لَعَلَّكُمْ تُفْلِحُونَ ۝

پھر جب نماز ادا ہوچکے تو زمین میں منتشر ہو جاؤ اور (پھر) اللہ کا فضل (یعنی رزق) تلاش کرنے لگو اور اللہ کو کثرت سے یاد کیا کرو تاکہ تم فلاح پاؤ ۝

**Then after the Prayer is offered disperse in the land and (then) look for Allah's bounty (i.e. sustenance). And remember Allah much so that you may attain to prosperity.**

وَإِذَا رَأَوْا تِجَارَةً أَوْ لَهْوًا انفَضُّوا إِلَيْهَا وَتَرَكُوكَ قَائِمًا قُلْ مَا عِنْدَ اللَّهِ خَيْرٌ مِّنَ اللَّهْوِ وَمِنَ التِّجَارَةِ وَاللَّهُ خَيْرُ الرَّازِقِينَ ۝

اور جب انہوں نے کوئی تجارت یا کھیل تماشہ دیکھا تو (اپنی حاجت مندی اور معاشی تنگی کے باعث) اس کی طرف بھاگ کھڑے ہوئے اور آپ کو (خطبہ میں) کھڑے چھوڑ گئے، فرما دیجئے: جو کچھ اللہ کے پاس ہے وہ کھیل سے اور تجارت سے بہتر ہے، اور اللہ سب سے بہتر رزق دینے والا ہے ۝

**And when they found some business or entertainment opportunity, they rushed towards that (due to their neediness and financial constraint) and left you standing (during sermon). Say: 'Whatever is with Allah is better than sport and business. And Allah is the Best of sustainers.'**

# Congratulations

*We are pleased to inform regarding key position in Insurance Industry held by our top executives.*



Mr. Nasar us Samad Qureshi

**CHAIRMAN LII**



Mr. Abdul Haye Mughal

**CHAIRMAN IAP-RCN**



Capt. Azhar Ahmed

**CHAIRMAN IAP  
CENTRAL COMMITTEE**

# Profile



Mr. Fahim Haider joined AFI team in April, 2014. He is MSC (Actuarial Sciences) qualified with 2 years' experience in an NGO. He is an active part of health department. Fahim is involved in Panel/ Reimbursement Claim Settlements and different data analysis for management review. We hope that he will be useful contribution to health department. "



Ms. Rizwana Jabin joined Alfalah Insurance Company Limited recently on 11 June 2014 as Senior Executive Officer in Underwriting Department at Head Office. She has seven year experience in insurance sector with Atlas Insurance Limited as Claim Handler and achieved five papers of ACII and two are result awaited. Looking to build own extensive range of managerial skills within a suitably challenging roll. Keen to achieve further professional development

# Nanotechnologies

Nanotechnology is going to be big business. Set to revolutionize business and industry - most notably in medicine, food and energy production, nanotechnology is the single largest R&D investment that governments are focused on.

Nanotechnology involves the manipulation of materials and the creation of structures and at the scale of atoms and molecules or the 'nanoscale'. The properties and effects of nanoscale particles and materials differ significantly from larger particles of the same chemical composition. These tiny ingredients have the potential to make a vast and positive impact on society, with the potential to enhance environmental protection, boost industrial competitiveness, and, from electronic equipment and cars to cosmetics and textiles, increase resource and energy efficiency of industrial processes and products. Thus far, however, relatively little has been documented about the potential negative impacts on the environment and human health.

But that's not stemming the proliferation of nanotechnology. According to the Woodrow Wilson International Center for Scholars, foods containing nanomaterials are rapidly entering the market at a rate of three to four per week. The number of nanofood and beverage products has grown tenfold in the last six years. A report, *Tiny Ingredients: Big Risks*, published in May 2014 by Friends of the Earth examined the science and the number of reported engineered nanomaterials in our food supply chain. According to the report, in 2008 there were eight food and beverage products found to contain nano ingredients. Today, that number stands at 94. This analysis is based on information documented in the Woodrow Wilson International Center for Scholars' Project on Emerging Technologies Consumer Products Database.

The Friends of the Earth report cites roughly 200 transnational food companies as currently investing in nanofood and nano packaging and are on their way to commercialising products. The nanofoods market is expected to grow to US\$20.4 billion by 2020. An increasingly large body of peer-reviewed evidence indicates some nanomaterials may harm human health and the environment. Nanomaterials have unique properties that offer many new opportunities for food industry applications, such as potent nutritional additives, stronger flavorings

and colorings, or antibacterial ingredients for food packaging. However, these same properties may also result in greater toxicity for humans and the environment.

In the US today, a large number of food items consumed on a daily basis already contain nanomaterial ingredients. These include familiar products such as processed and cream cheeses, chocolate products, oils and cereal. Nanomaterials are also increasingly being used to package and preserve fresh fruit and vegetable products, which could threaten the integrity of staple healthy foods. Due to a lack of required labeling and disclosure, the number of food and beverage products containing undisclosed nanomaterials is likely much greater.

In Europe, regulatory changes look set to bring more clarity when it comes to labelling and disclosure. Food and drinks companies in the EU could face more consumer claims as a result of new food labelling regulations coming into force later this year, which are designed to make food labelling easier for consumers to understand by streamlining and simplifying the current legislation on food and nutrition labelling into a single EU regulation. Under the new legislation, all food businesses will be required to provide allergy information on food sold unpackaged in catering outlets and shops. Existing legislation on labelling will include changes regarding the inclusion of novel ingredients including nanotechnology in pre-packed foods. This could drive increased product liability exposure for a wide range of businesses involved in the food production and distribution chain.

Change is afoot when it comes to nanotechnology and liability. In the medical sector in the US, over 10,000 cases have already been filed nationwide claiming product liability for a DePuy hip replacement, following allegations of excessive corrosion that could shed toxic nanoparticles into the patient's body, among other complaints. Now that nanoparticles have been identified as a safety problem, one can expect these lawsuits are likely to have a knock-on effect across a variety of sectors, as well as impacting insurance and regulation.



- 1-About 11% of earth's land surface is used to grow crops.
- 2-The hair of a polar bear is not white it is transparent
- 3-"Silent" & "Listen" use exactly the same letters.
- 4-The world's consumes about 2 liters of oil per person per day.
- 5-Humans are born with 300 bones but since many fuse together, adults only have 206 bones
- 6- People do not sneeze when they are asleep.
- 7-12 people have walked on the moon, all men, all Americans and all between 1969 & 1972.
- 8-The total weight of all ants in the world is about the same as the weight of all the world's humans.
- 9-A fully loaded supertanker traveling at normal speed takes at least twenty minutes to stop.
- 10-Your heart beats more than 100,000 times per day.
- 11-Black cats are considered bad luck in the U.S. but good luck in Japan.
- 12-The Brain is only about 2% of a person's body mass but requires about 20% of its oxygen & calories.
- 13-The average depth of the ocean is 2.7miles (4.3Km)
- 14-Butter flies taste with their feet
- 15-whether you walk or run, you burn about 100 calories per mile (60 calories per KM)

# Global Health Issues



Despite incredible improvements in health since 1950, there are still a number of challenges, which *should* have been easy to solve. Consider the following:

- One billion people lack access to health care systems.
  - 36 million deaths each year are caused by noncommunicable diseases, such as cardiovascular disease, cancer, diabetes and chronic lung diseases. This is almost two-thirds of the estimated 56 million deaths each year worldwide. (A quarter of these take place before the age of 60.)
  - Cardiovascular diseases (CVDs) are the number one group of conditions causing death globally. An estimated 17.5 million people died from CVDs in 2005, representing 30% of all global deaths. Over 80% of CVD deaths occur in low- and middle-income countries.
  - Over 7.5 million children under the age of 5 die from malnutrition and mostly preventable diseases, each year.
  - In 2008, some 6.7 million people died of infectious diseases alone, far more than the number killed in the natural or man-made catastrophes that make headlines. (These are the latest figures presented by the World Health Organization.)
- AIDS/HIV has spread rapidly. *UNAIDS* estimates for 2008 that there are roughly:
    - 33.4 million living with HIV
    - 2.7 million new infections of HIV
    - 2 million deaths from AIDS
  - Tuberculosis kills 1.7 million people each year, with 9.4 million new cases a year.
  - 1.6 million People still die from pneumococcal diseases every year, making it the number one vaccine-preventable cause of death worldwide. More than half of the victims are children. (The pneumococcus is a bacterium that causes serious infections like meningitis, pneumonia and sepsis. In developing countries, even half of those children who receive medical treatment will die. Every second surviving child will have some kind of disability.)
  - Malaria causes some 225 million acute illnesses and over 780,000 deaths, annually.
  - 164,000 people, mostly children under 5, died from measles in 2008 even though effective immunization costs less than 1 US dollars and has been available for more than 40 years.

These and other diseases kill more people each year than conflict alone.

# Breakfast - a great way to start the day!

## Breakfast - a great way to start the day!



Contents

What is breakfast?

Why is breakfast important?

Some breakfast ideas

Brain food

What some children say

Dr Kate says

### What is breakfast?

The word breakfast is really two words, 'break' and 'fast'.

'Fast' is when you don't eat food, and all during the night you have been sleeping and not eating - unless you went on a midnight raid of the fridge!

So, breakfast is when you break your fast by eating. Your stomach will be very happy about it and your body will be able to use the food to get the energy going, and send you off to school all fuelled up for the day - well at least until morning break!

### Why is breakfast important?

What you eat is turned into energy by your body.

If you don't eat when you first get up, then your store of energy is low, you can't think or work as well and your



stomach keeps letting you know that it is waiting for

food!

By the time morning break comes along you are 'starving'.

Of course, you may also want to rush off to 'bag' the netball court, or to some other area where you and your friends like to play, so you may not have time to eat then. That means that your energy levels are pretty low, just when it is time to do all the most 'thinking' subjects like Maths and English and other activities that need a lot of attention.

What are you thinking about during this? FOOD!

### Some breakfast ideas

Who makes breakfast in your house? Mum, Dad, a carer, older brothers or sisters, or do you all do your own thing? Whatever

happens, it is a good idea to have a drink and something to eat at that time.

Wholemeal toast, cereals and eggs all provide power (energy) your body needs to get through the morning. Milk and other dairy products are especially good for growing bodies and healthy bones.

Having a toaster can mean that you get something warm without having to stand over the cooktop.

Using a blender to blend fruit and milk into a smoothie can give you a quick, easy meal with lots of goodness.



# Breakfast - a great way to start the day!

Try these ideas.

Cereal and milk with a piece of fruit.

Toast with cheese or tomato or a spread, and fruit or fruit/vegetable juice.

Toasted sandwich and fruit or low fat milk.

Toast and a smoothie (just cut up fruit like a banana and blend it with milk in the blender).

Try warm milk with your cereal on winter mornings.

Baked beans on toast (get an adult to show you how to microwave a small serve and then you don't have to clean up a saucepan!)

Cut up fresh fruit and eat it with yoghurt, and a piece of toast.

Peanut butter sandwich and a banana.

Even last night's left-over pizza!

If you have a health problem like diabetes or a condition where you can't eat certain foods, then you can find some ideas for breakfast and other meals on the Internet.

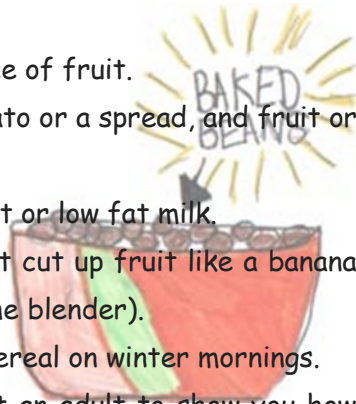
A good site is <http://www.kidshealth.org/parent/recipes/index.html>

## Brain food

Some kids just cannot eat before they get to school.

There can be lots of reasons, so some schools have a breakfast program where you can get something from the Canteen before school or at morning break.

Some schools have started a 'Brain food' program where each class takes a couple of minutes break about an hour after starting school. During this break kids have a small snack of healthy stuff like nuts, fruit, vegetables or yoghurt to boost energy levels and help them make it through the morning without thinking about food all the time because they are so hungry!



## Does your school do this?

If you think it's a good idea, maybe you could bring it up in your class meeting and ask the Student Council to start it off?

## What some children say

"At my school we can eat fruit and vegetables whenever we want." **Derryth**

"We can eat breakfast at O.S.H.C. (out of school hours care). We can choose cereals and toast and fruit. We get to help make it." **Dan**

"In our family we take it in turns to make breakfast. I can do scrambled eggs on toast now." **Kara**

"We have a big breakfast on Sunday because it's the only day when the whole family is there. I like that." **Jacinta**

## Dr Kate says:

"It makes sense to check your car's fuel before setting off on a trip. It makes sense to check every morning that your body has the fuel to keep it working well all through the day. Remember that sugary foods do give you an energy boost but it doesn't last very long.

You need to eat foods like cereal, bread, eggs, milk and dairy foods which will release energy for a longer time and keep you going until lunch."

Some kids are allergic to cow's milk but there are some other kinds of milk now (soy milk, rice milk).

Some kids have problems with cereals and bread but gluten free products can be bought in most supermarkets nowadays.

# Do you Need Hairdresser Studio Insurance?



Insurance for your hairdresser studio may protect your business against a number of claims and expenses which you may not be able to meet from your own funds. Here are a few examples of the bills you might have to face alone if you do not have enough insurance cover.

## **Claims from the public**

With television and poster adverts inviting the public to contact lawyers and start claiming all around you, it's easy to feel that

it's only a matter of time before a claim from a solicitor arrives on your doormat.

Public liability insurance – which some providers will offer as a part of a standard business insurance policy – relates to claims for personal injury and damage to property that are sustained by anyone who comes into contact with your business, whether they are a customer or not. We all know that accidents happen, and it would be awful if someone were injured on your premises. But it would be all the more terrible if you couldn't afford to pay their damages and legal fees, and lost your business trying to fund the claim.

## **Claims from employees**

As a small business, you probably do have a few employees. If you do, then check whether you fall into the large majority of businesses which are obliged by law to take out adequate employers' liability insurance. This covers claims made by employees in relation to any harm for which you are legally liable that has come to them while they have been at work, whether that is an accident or an illness. Such claims can run to tens of thousands of pounds, and with no win, no fee arrangements being commonplace, bringing them bears little risk for the employee. When you are looking for cover for your studio, ask whether this is included, or can be purchased as an optional extra.

## **Replacing or repairing damaged stock or equipment**

When you are arranging your hairdresser studio insurance, consider whether the contents of your salon are adequately protected. You may have some expensive equipment, or be storing some cosmetics that you sell. Specially adjustable hairdressers' chairs are expensive items. If the place was destroyed by a fire one night, how much would you have to spend to get your business up and running again?

Contents insurance covers loss or damage to your things due to a certain list of insured risks, which will give you some peace of mind that you could get your business back on its feet quickly after a fire or theft, for example.

## **So what next?**

If you've decided that hairdresser studio insurance would benefit your business, it could be easiest to go online to a specialist provider's website to look around for the most suitable deal. Traditional providers like banks may not always understand the needs of your industry, so shop around to find someone who does.

# Sleep health

## Goal

Increase public knowledge of how adequate sleep and treatment of sleep disorders improve health, productivity, wellness, quality of life, and safety on roads and in the workplace.

## Overview

Poor sleep health is a common problem with 25 percent of U.S. adults reporting insufficient sleep or rest at least 15 out of every 30 days.<sup>1</sup> The public health burden of chronic sleep loss and sleep disorders, coupled with low awareness of poor sleep health among the general population, health care professionals, and policymakers, necessitates a well-coordinated strategy to improve sleep-related health.

## Why Is Sleep Health Important?

Sleep, like nutrition and physical activity, is a critical determinant of health and well-being.<sup>2</sup> Sleep is a basic requirement for infant, child, and adolescent health and development. Sleep loss and untreated sleep disorders influence basic patterns of behavior that negatively affect family health and interpersonal relationships. Fatigue and sleepiness can reduce productivity and increase the chance for mishaps such as medical errors and motor vehicle or industrial accidents.<sup>3, 4</sup>

Adequate sleep is necessary to:

- Fight off infection
- Support the metabolism of sugar to prevent diabetes
- Perform well in school
- Work effectively and safely

Sleep timing and duration affect a number of endocrine, metabolic, and neurological functions that are critical to the maintenance of individual health. If left untreated, sleep disorders and chronic short sleep are associated

with an increased risk of:

- Heart disease
- High blood pressure
- Obesity
- Diabetes

All-cause mortality

## Respiratory Diseases

Sleep health is a particular concern for individuals with chronic disabilities and disorders such as arthritis, kidney disease, pain, human immunodeficiency virus (HIV), epilepsy, Parkinson's disease, and depression. Among older adults, the cognitive and medical consequences of untreated sleep disorders decrease health-related quality of life, contribute to functional limitations and loss of independence, and are associated with an increased risk of death from any cause.<sup>7</sup>

## Understanding Sleep Health

The odds of being a short sleeper (defined as someone who sleeps less than 6 hours a night) in the United States have increased significantly over the past 30 years.<sup>8</sup> Competition between sleep schedules, employment, and lifestyle is a recent trend. Intermittent sleep disturbances due to lifestyle choices are associated with temporary fatigue, disorientation, and decreased alertness.

Sleep-disordered breathing (SDB), which includes sleep apnea, is another serious threat to health. SDB is characterized by intermittent airway obstruction or pauses in breathing. People with untreated SDB have 2 to 4 times the risk of heart attack and stroke. Obesity is a significant risk factor for SDB, and weight loss is associated with a decrease in SDB severity.

# Sleep health

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- SDB in Children:

African American children are at least twice as likely to develop SDB than children of European descent.<sup>12</sup> The risk of SDB during childhood is associated with low socioeconomic status independent of obesity and other risk factors. Left untreated, SDB in children is associated with difficulties in school, metabolic disorders, and future heart disease risk.

- SDB in Older Adults:

SDB may affect 20 to 40 percent of older adults and, if left untreated, is associated with a 2- to 3-fold increased risk of stroke and mortality.

Sleep health education and promotion strategies are needed to address disparities in sleep health across age, race, education, and socioeconomic groups. Health education and promotion programs can increase awareness of common sleep disorders, such as insomnia,

restless leg syndrome, and SDB. Sleep health education programs in workplaces can promote better work schedule patterns and motivate managers and workers to adopt strategies that reduce risks to health and safety. Without sleep health education, individuals often prioritize other activities over sleep and accept constant sleepiness and sleep disruption as inevitable.

## Emerging Issues in Sleep Health

Progress in the following areas will yield more information on sleep health over the coming decade:

- Further evolution of biomedical sleep research
- Quantification of health risks associated with untreated SDB across the lifespan
- Findings from the first U.S.-based phase III SDB treatment trials in children and adults



# 11 Unexpected Ways to Add Years to Your Life

There are many keys to longevity that are totally within your control. Some, you probably already know about, like following a nutritious diet, exercising often, staying away from cigarettes, and maintaining a healthy weight. Other habits are a little less obvious. Read on for some surprising habits and lifestyle choices that could add years to your life.



## Adopt a furry friend

Your four-legged companion may be helping you live a longer life, according to a review published in the journal *Circulation*. Researchers believe owning a dog might keep the owner more active and, as a result, lowers the risk of heart disease.

"Dog owners who walk their dogs are more likely to meet recommendations for daily physical activity (150 minutes weekly)," says Eric A. Goedereis, PhD, assistant professor of psychology at Webster University in St. Louis, MO. Owning a pet also reduces stress, which may decrease the risk of cardiovascular disease, he adds.



## Floss every day

Daily flossing not only gets rid of food trapped between your teeth but also removes the film of bacteria that forms before it has a chance to harden into plaque—something your toothbrush cannot do. Periodontal disease from lack of flossing can trigger low-grade inflammation, which increases the risk of early heart attack and stroke. Numerous studies link oral bacteria to cardiovascular disease. The American Dental Association recommends flossing at least once a day.



## Have a positive attitude

Think being mean and ornery is what it takes to live to 100? That's what scientists at the Albert Einstein School of Medicine in the Bronx, New York thought until they studied 243 centenarians. When the researchers assessed their personalities, they discovered that most had a positive outlook on life, and were generally easygoing, optimistic, and full of laughter.

If nothing else, try to laugh more often—go to comedy shows, take occasional breaks at work to watch silly videos on YouTube, or spend time with people who make you smile. "Laughter helps decrease blood pressure, reduce blood sugars, dull pain, and lower stress, all of which can make your body healthier," says Elizabeth Lombardo, PhD, psychologist and author of *Better than Perfect: 7 Strategies to Crush Your Inner Critic and Create a Life You Love*.



# 11 Unexpected Ways to Add Years to Your Life

## Go nuts

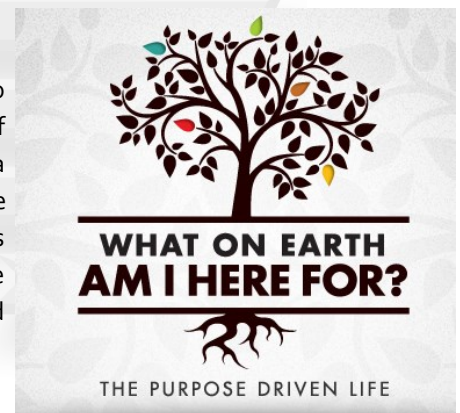
Snack on cashews, sprinkle chopped walnuts on your salad, stir almonds into your yogurt—however you eat them, it may be helpful. People who ate nuts several times a week had a reduced mortality risk compared with those who ate nuts less frequently (or at all), according to a 2013 study in a *New England Journal of Medicine* study.

Nuts are high in antioxidants, fiber, and unsaturated fatty acids, and they help lower your risk of heart disease. “They are known to possibly improve certain risk factors for diabetes as well,” says Keri Gans, RD, a New York-based nutrition consultant. As a healthy but high-calorie snack, limit portion sizes to 1 ounce, or about 20 nuts.



## Find your purpose

Regardless of your age, finding purpose in life may help you live long enough to make a difference. In a study of 6,000 people, researchers at the University of Rochester Medical Center in Rochester, New York found that people who had a greater sense of purpose were less likely to die during the 14-year study than those who were less focused on a goal. “People who have a sense of purpose in their lives may be more likely to take steps to be healthier,” says Lombardo. To develop a sense of purpose, focus on the positive impact you are making at work or at home instead of getting caught up with every little detail being perfect, she suggests. .



## Start your mornings with coffee

Sipping a mug of coffee not only jumpstarts your day, but your longevity as well. Studies show coffee reduces the risk of a number of chronic diseases. “Drinking coffee may decrease your risk for diabetes, cardiovascular disease, and Alzheimer’s disease,” says Gans. Just go easy: too much caffeine can trigger anxiety and insomnia, or interfere with calcium absorption. And hold the whipped toppings—syrups and cream to avoid canceling out the health benefits.



## Snooze soundly

Quality of sleep also plays in role in how long you may live. Multiple studies have linked sleep deprivation with an increased risk of death, and other research has shown that a lack of shuteye may raise risk of type 2 diabetes. “Some people may need more or less sleep than others, but research suggests that seven hours is probably enough,” says Goedereis. To sleep soundly, establish a nighttime routine and stick to a schedule, even on weekends.



# 11 Unexpected Ways to Add Years to Your Life

## See the glass as half full

An Illinois study found clear evidence that happy people experience better health and live longer than their unhappy peers. "Depression, pessimism, and stress predict shorter lifespans," says Lombardo. "These mental states tend to cause a stress reaction within the body, which can weaken the immune system. Happiness, on the other hand, tends to result in less stress hormones." Take time to experience gratitude every day. "It's one of the quickest and longest-lasting ways to boost happiness," she adds.



## Run 5 minutes a day

No need to run for an hour a day to reap the life-lengthening benefits. A new study shows running just 5 to 10 minutes a day increases your life expectancy by reducing the risk of death from heart disease by 58% and dropping the overall risk of death by 28%. It holds true even if you're a slowpoke. Those who ran at less than 6 miles per hour only once or twice a week experienced clear benefits, the researchers reported in the Journal of the American College of Cardiology. Researchers credit better lung and heart function with the extended lifespan. Consistency works best, however: Exercisers who ran regularly for an average of six years reaped the greatest benefits.



## Eat lots of fish

A diet heavy in omega-3-rich foods may add years to your life, says a study from the Annals of Internal Medicine. In the study of more than 2,600 adults, those with the highest blood levels of omega-3 fatty acids—found in salmon, albacore tuna, mackerel, and lake trout—lived more than two years longer on average than those with lower blood levels. The study didn't prove that being a fish-eater increases longevity, but suggests a connection. Researchers found that people with high omega-3 levels reduced their overall risk of death by any cause by up to 27% compared to those with the lowest levels, and that they had a 35% lower risk of dying from heart disease. Experts recommend at least two 3.5-ounce servings of fish a week.



## Stop sitting so much

Simply stand up more during the day and you'll boost your longevity by increasing the length of your telomeres, according to a study from the British Journal of Sports Medicine. The study measured the effects of sitting time and physical activity among 49 sedentary, overweight participants. Researchers found increased telomere length—end caps of chromosomes that link directly to longevity—in the red blood cells of individuals participating in a 6-month physical activity intervention.

