

Your Health in Your Hands: Empowering Personal Health



We know that we should be active in order to “stay healthy” and we are advised to try to fit some form of exercise into our weekly routine. However, is exercise in isolation as beneficial to our health as we think? How do we find out what our health risks are and what is right for us as individuals?

As part of a healthy lifestyle it is important to stay active and taking time out of your busy schedule to exercise is certainly worthwhile. Being physically fit has many benefits including lowering your risk of developing age-related conditions such as coronary heart disease, hypertension, certain cancers, Type 2 diabetes and osteoporosis. It also helps to reduce susceptibility to infection, improves mental wellbeing and can protect against memory loss and depression. However, exercise in isolation will not reverse the effects of an unhealthy diet and providing your body with a quality, balanced diet is essential for good health.

There has been a revolution in nutrition, exercise and lifestyle advice over recent years, with a wealth of information and advice now available. An increased awareness of health issues has led to a desire to understand and to track our own health. Yet many diets and exercise regimens still only work for some people and not for others. This is because much of the advice uses population data and is based on the “average” person rather than for a specific individual. We are all different and consequently there is a real need to understand how well our own bodies are functioning. Access to personal information and tailored advice enables us to make the best nutrition and lifestyle choices. Some people may be able to get away with, for example, grabbing a quick snack on the go, or coping with high levels of stress in the working day, but on a regular basis this may be having a detrimental effect on their long-term health.

Also, well-being trends tend to deal with just one aspect of health, without viewing the individual in a wider context. The contributions of other lifestyle factors, such as stress, poor sleep, smoking and pollution, should be considered alongside diet and activity levels. It is only through a comprehensive review that an individual’s health status and risks can be properly understood. So how do we go about this?

The best way to is to have a full assessment of your blood biochemistry, body composition and behaviours around nutrition, activity and lifestyle choices.



Biochemical markers (for example hormone levels) provide very useful insights, as they underpin your health status. When healthy, our bodies should be in a state of balance with everything working well. However, poor diet and lifestyle can lead to chronic low-grade inflammation causing disruption to our hormonal messaging system and consequent poor health. Our bodies may sustain exposure to chronic inflammation over many years with no outward signs of ill effects, but over time the resulting damage could manifest itself as disease, for example diabetes, cancer or Alzheimer's Disease.

There are many factors which cause inflammation to occur in the body: smoking, pollution, processed foods containing chemicals such as preservatives, artificial colourings and flavourings are well known culprits. Even fat around the internal organs can itself generate inflammation, so simply being overweight can cause your hormone messaging to be compromised.

Finding out about your health status and risks early will enable you to take informed steps to reverse any issues and to have the confidence that you are doing the right thing to improve your healthspan. The good news is that improved health can usually be achieved by simple changes to nutrition, activity levels and lifestyle; the key is to understand what is best for you.

So, our advice would be to stay active and try to fit exercise into your schedule, but don't assume that it is all you need to do. Take a look at all aspects of your lifestyle and, in particular, ensure that you eat a quality balanced diet. Try to prioritise a healthy lunch by planning and preparing meals in advance and avoid eating convenience food on the go whenever you can.

Prevention is better than a cure and personalised health profiling, which is grounded in science, is the real health game changer, giving individuals the information they need to take control of their health and to age well. From biochemical and body composition to behavioural analyses, at XenoVida we can help if you need us. Contact us to find out what is right for you.