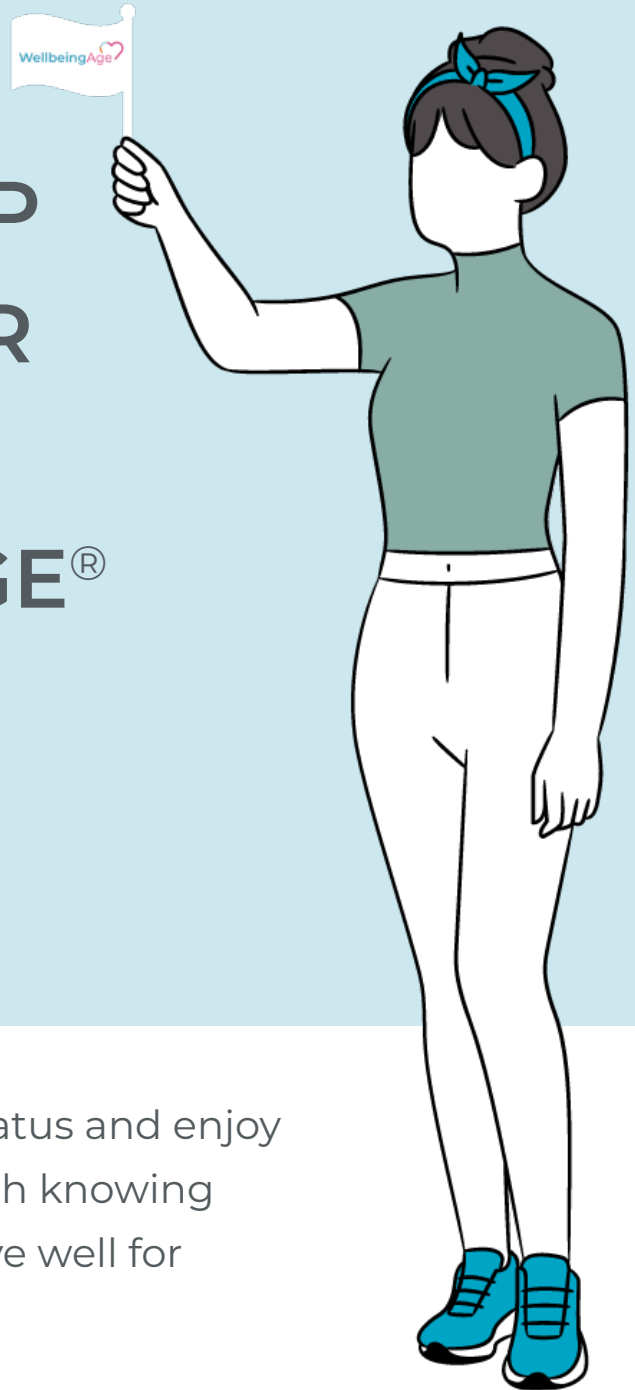


A STEP-BY-STEP GUIDE TO YOUR ADVANCED WELLBEING AGE[®] ASSESSMENT

Gain confidence in your health status and enjoy the peace of mind that comes with knowing you're taking proactive steps to live well for longer.





WELCOME TO WELLBEING PEOPLE'S STEP BY STEP GUIDE

If you're reading this, it's likely that you've taken our Advanced Wellbeing Age® Assessment and you're curious about ways you can improve your wellbeing.

We believe that optimal wellbeing is personal, subjective, and unique to each and every one of us. We hope that this guide empowers you to upgrade your habits and helps you to find your own version of optimal wellbeing!



CONTENTS PAGE

Why is understanding your Wellbeing Age® Important	3
Stream - Blood pressure and pulse rate	4 - 7
Strength - Grip and calf strength	8 - 10
Structure - Neck and waist circumference	11 - 12
Spark - Stability and vitality	13 - 15
Smoking - Full smoking history	16
Stress - Type and amount	17 - 19
Stimulants - Coffee, tea and alcohol	20 - 22
Sitting - At work and at home	23 - 25
Sleep - Quality and quantity	26 - 27
Social - Interaction and enjoyment	28 - 29
Your wellbeing journey begins today	30

WHY IS UNDERSTANDING YOUR WELLBEING AGE® IMPORTANT?

Ageing is a leading risk factor for disease. Therefore, understanding your Wellbeing Age® also known as biological age will help you to counter the negative changes that can occur with ageing.

Throughout this guide we will explain how each of the assessments that are highlighted on your 'wonky wheel' (see image below) can affect your health and wellbeing. At the end of each section we will provide a 1% progress daily experiment to help you achieve optimal wellbeing and lower your Wellbeing Age® score.

BIOLOGICAL AGE = WELLBEING AGE®

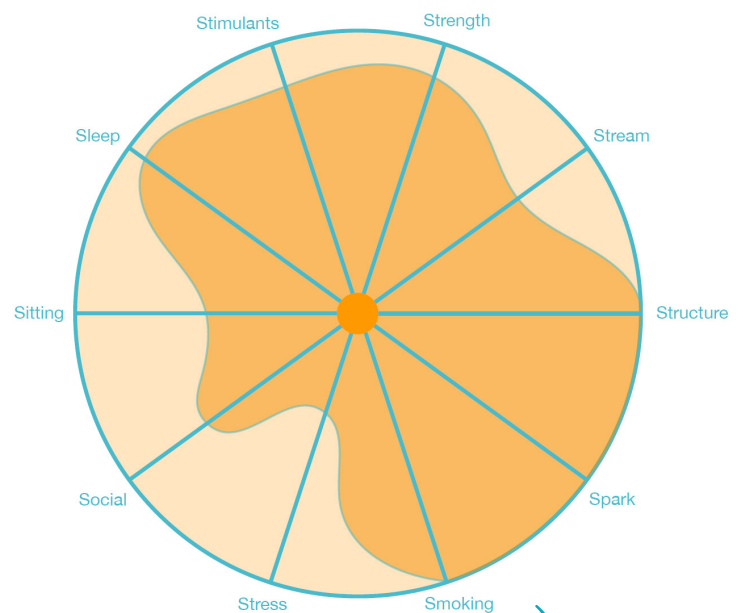
Biological age takes into account the physiological condition and health status of an individual. It is determined by assessing various factors such as genetics, lifestyle choices, and overall health, offering a more accurate representation of a person's functional age.

CHRONOLOGICAL AGE = YOUR AGE

Chronological age refers to the actual number of years a person has lived since birth, measured in terms of the passage of time. It is a straightforward and widely used measure that defines a person's age based on the calendar.

While chronological age is constant and advances linearly, biological age can vary among individuals, indicating that two people of the same chronological age may have different levels of health and well-being.

This distinction underscores the importance of considering not just the number of years a person has lived but also the state of their body and health when evaluating aging and longevity.



THE WONKY WHEEL!

This wheel illustrates the areas in your life that would benefit the most from improving. This will help you to bring more balance to your life and help you to enjoy your day-to-day journey.

Start by focusing on getting 1% better everyday. Try our mini experiments to uncover the power of tiny daily wins which will help you to improve your lifestyle habits!

STREAM

BLOOD PRESSURE & PULSE RATE

Blood pressure and pulse rate are not only pivotal in gauging cardiovascular health, but they reflect our health and vitality. These markers can encapsulate the story of our body's internal wear and tear. Elevated blood pressure can suggest a cardiovascular system under strain, potentially adding 'years' to our Wellbeing Age®, whereas a steady, healthy pulse rate is often symptomatic of a youthful, resilient heart.

Monitoring these metrics can offer insights that empower us to make lifestyle adjustments that promote longevity and, consequently, a more youthful Wellbeing Age®. By understanding and managing our blood pressure and pulse rate, we effectively keep tabs on the internal clock that dictates the pace at which we age in terms of health, and perhaps more critically, in terms of quality of life.



PULSE RATE: A MEASURE OF HEART EFFICIENCY

Your resting heart rate can indicate cardiovascular fitness.

- ▶ Generally, lower resting heart rates are associated with a more efficient heart. Often associated with young, healthy individuals.

How do you respond to stress?

Pulse rate variability illustrates how much your heart rate fluctuates throughout the day.

- ▶ It is a sign of how well your body is coping with stress and can indicate biological resilience, commonly reducing as one ages.

Recovery Index

This is the speed at which your pulse rate returns to normal after exercise. It is known as the recovery index and can reflect your biological age.

- ▶ Younger cardiovascular systems tend to recover more quickly.

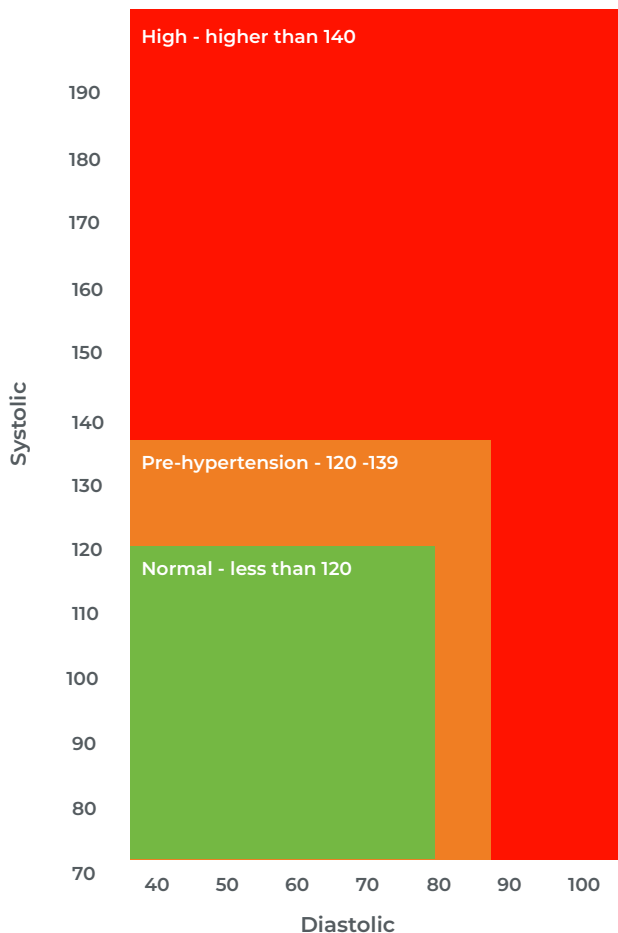
BLOOD PRESSURE: A MARKER OF VASCULAR HEALTH

As we age, our blood vessels can lose elasticity, leading to higher blood pressure, known as hypertension. This stiffening is a sign of ageing within the vascular system.

Blood Pressure Components

- ▶ **Systolic Blood Pressure** is the pressure in the arteries - the blood vessels leading away from the heart - when the heart pumps.
- ▶ **Diastolic Blood Pressure** is the pressure in the arteries - even when the heart isn't pumping.

Diastolic blood pressure - the lower number - is a trusted gauge of the 'pressure' on the cardiovascular system. It is particularly the diastolic reading that transfers importance to overall health and longevity and it is therefore this measure that influences the Wellbeing Age® in the assessment.



Response to Lifestyle Factors

Blood pressure can also respond to lifestyle habits that influence ageing, such as diet, exercise, and stress management. Elevated blood pressure might therefore signal premature biological ageing due to lifestyle choices.

While elevated blood pressure and abnormal pulse rates are not exclusive indicators of ageing, they provide a valuable snapshot of cardiovascular health, which plays a key role in the ageing process.

OUR TOP TIPS

Health and lifestyle factors are essential for improving cardiovascular health.

▶ Maintain a Balanced Diet

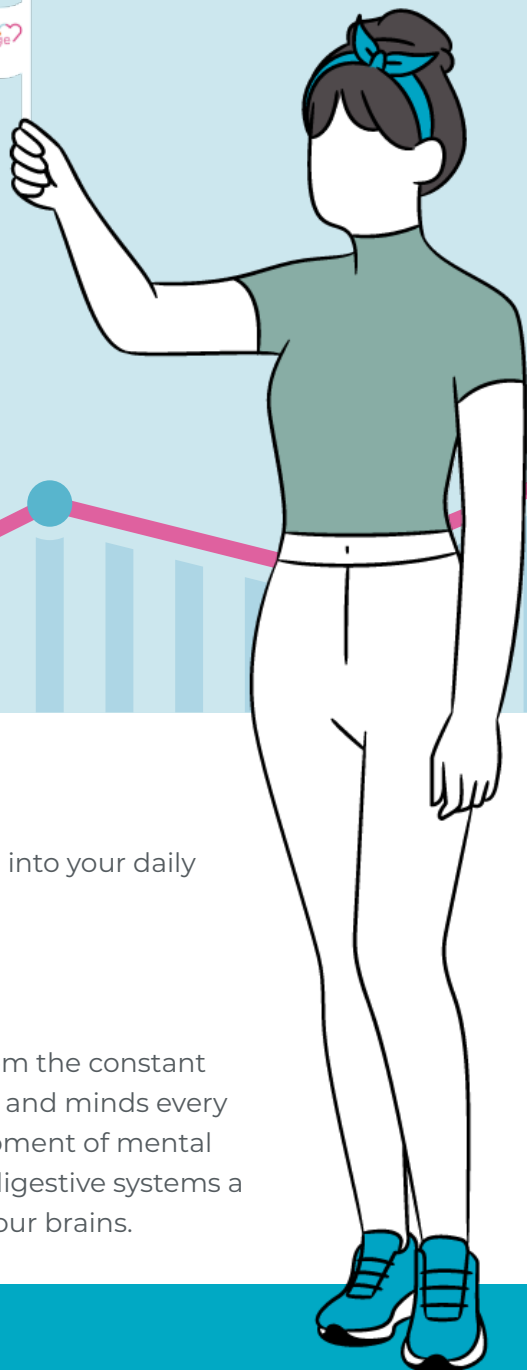
A varied diet high in fibre and whole foods can be beneficial to maintaining healthy blood pressure. Focus on vegetables, fruits, and whole grains as well as dairy products and lean proteins such as fish, poultry, beans and nuts. Avoid ultra processed foods as much as possible to reduce salt, sugar and saturated fat.

▶ Regular Physical Activity

Engaging in aerobic activities like walking, jogging, cycling, or swimming can help lower blood pressure and improve heart rate over time. Practicing flexibility and balance exercises such as Yoga or Tai-Chi can reduce stress.

1% PROGRESS EXPERIMENT

10-MINUTES OF MENTAL FASTING FOR A HEALTHY BLOOD PRESSURE



THE SUBTLE SHIFT FOR SIGNIFICANT CHANGE

We invite you to implement a simple yet effective practice into your daily routine: **10 minutes of mental fasting.**

What is Mental Fasting?

Mental fasting involves taking a brief, intentional break from the constant influx of information and stimuli that bombard our senses and minds every day. It's about finding a quiet space within ourselves, a moment of mental clarity and serenity. Just as intermittent fasting gives our digestive systems a rest, mental fasting provides a much-needed reprieve for our brains.

TOP TIP



Consistency is key in the journey to 1% progress. To make the most of this experiment, integrate it into your daily schedule at a time when you can regularly commit to these 10 minutes of peace. Whether it's first thing in the morning, during a lunch break, or just before bed. Close your eyes and turn your attention to your breathing, feeling each inhale and exhale.



WE CANNOT **CHANGE**
WHAT WE
ARE NOT **AWARE** OF,
AND ONCE WE
ARE AWARE, WE
CANNOT HELP BUT
CHANGE.

SHERYL SANDBERG

STRENGTH

GRIP AND CALF STRENGTH

Strength can mirror the ageing process and provide valuable insights into your overall wellbeing. Measuring strength isn't just about assessing fitness levels; it can provide a broader snapshot of our biological age, by encompassing aspects of lifestyle, health status, and bodily changes that accompany ageing.

BIOLOGICAL AGEING AND MUSCLE STRENGTH:

- ▶ Individuals typically reach their peak muscle mass in their 20s to 30s. During this time, strength is usually at its highest.
- ▶ After the 30s, an age-related decline in muscle mass, known as sarcopenia, begins. This gradual loss can lead to decreased strength, making it a rough indicator of biological age.

Hormonal Changes

Hormonal shifts, particularly reductions in anabolic hormones like testosterone and growth hormone, contribute to reduced muscle protein synthesis and strength.

Physical Activity Level

Younger individuals tend to be more active, which supports muscle strength. A decrease in physical activity over the years can result in reduced strength.

Head over to the next page to find out how your strength compares to your age group...



LIFESTYLE FACTORS AND STRENGTH

► Exercise Habits

Regular resistance training can mitigate strength loss. A person who remains active and strength-trains into their later years may exhibit strength levels that defy their chronological age.

► Balanced Diet

Nutrition plays a vital role in maintaining muscle mass and strength. Inadequate protein intake and vitamin deficiencies can accelerate strength decline, reflecting an older biological age.

► Injury and Illness

As people age, they're more susceptible to injuries and illnesses that can lead to decreased muscle strength, often making them appear older from a physical capability standpoint.

PSYCHOLOGICAL AND SOCIAL ASPECTS

► Self-Perception

How individuals perceive their strength can also affect their subjective age. Those who feel weaker might identify with being older.

► Social Expectations

Society often expects older individuals to be less strong, which can influence how strength is perceived in relation to age.

While strength can be a good general indicator of age, it is also influenced by a host of other factors, such as genetics, lifestyle, medical history, and environmental influences.

As with many biological markers, strength varies greatly from person to person and does not alone determine someone's age or health status.

HOW DOES YOUR GRIP COMPARE TO YOUR AGE GROUP?

The chart shows the normal ages for males and females for each age.

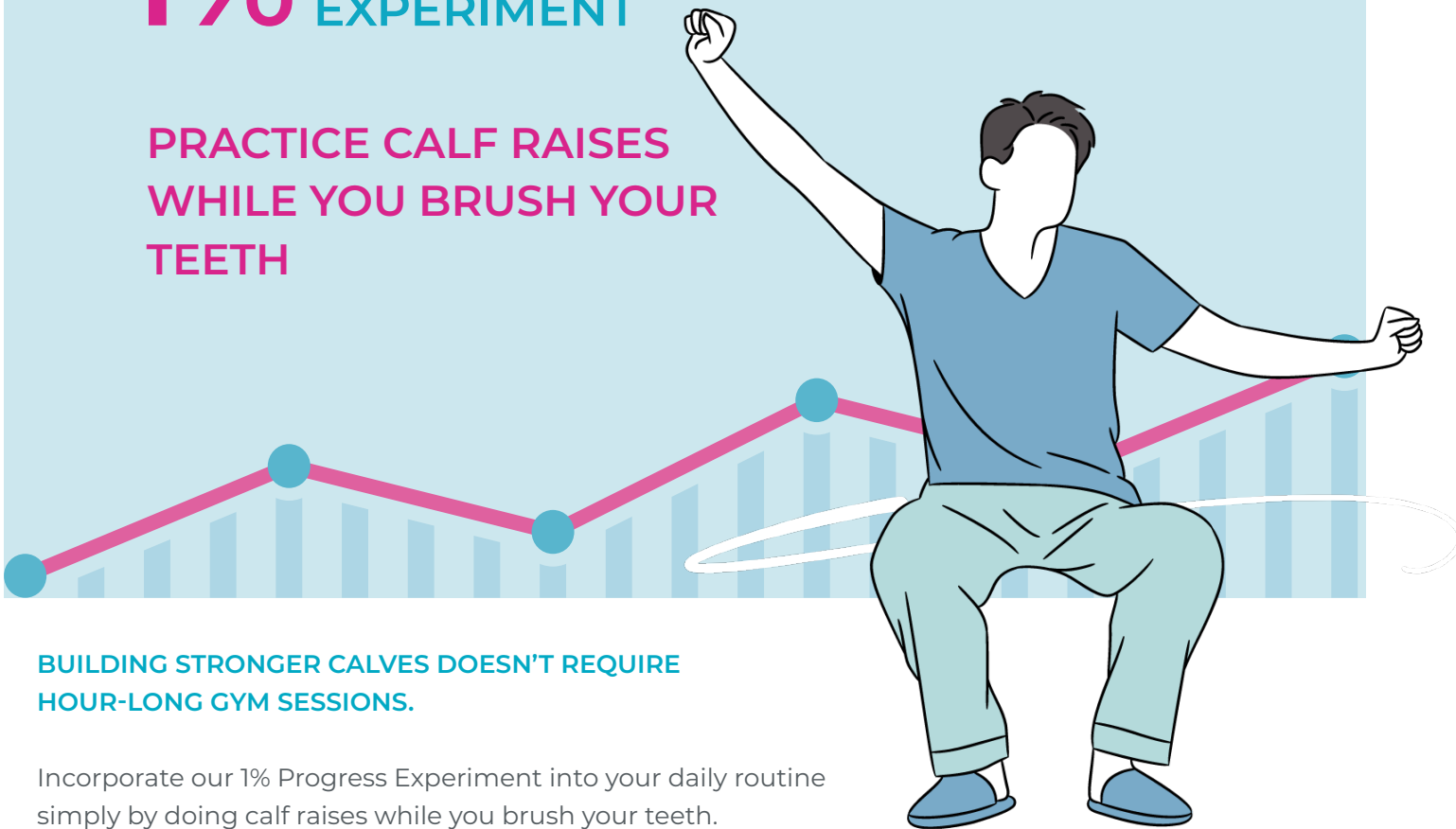
- If your strength is in a higher age bracket then this will add years to your Wellbeing Age® score.
- If your strength is in a lower age bracket then it will subtract years off of your Wellbeing Age® score.

The maximum impact strength can have on your Wellbeing Age® score is to add or subtract 10 years.

AGE	GRIP STRENGTH (KG PRESSURE)		CALF STRENGTH (REPETITIONS)	
	Male	Female	Male	Female
20	54.2	34.2	37	30
25	55.5	35	34	28
30	54.8	34.2	32	27
35	53.7	33.2	30	25
40	51.8	31.9	28	24
45	49.5	30	25	22
50	47.1	28.7	23	21
55	45	27	21	20
60	42.8	25	19	19
65	39	22.3	16	17
70	33.2	20.8	14	16
75	27.8	18.2	12	15
80	22.5	16.3	10	13
85	18	13	>0	>0
90	>0	>0		

1% PROGRESS EXPERIMENT

PRACTICE CALF RAISES WHILE YOU BRUSH YOUR TEETH



BUILDING STRONGER CALVES DOESN'T REQUIRE HOUR-LONG GYM SESSIONS.

Incorporate our 1% Progress Experiment into your daily routine simply by doing calf raises while you brush your teeth.

Calf Raises: A Simple Yet Effective Exercise

You typically brush your teeth twice a day, providing at least four minutes of potential exercise! Stand with feet hip-width apart, push through the balls of your feet, rise to your tiptoes, hold, and lower with control.

TOP TIP



By integrating calf raises into a habit you already have, you effortlessly enhance your workout routine without carving out additional time. This small act, compounded over the days, weeks, and months, can significantly improve your calf strength which in turn will help to improve balance, ankle stability, and lower body strength.

STRUCTURE

NECK AND WAIST MEASUREMENT

When assessing health risks related to body fat distribution, using multiple measurements provides a multi-dimensional view that is more informative than any single metric alone. Much like tailoring a garment for a perfect fit, considering both neck and waist measurements can give a better understanding of our body composition and its implications for health and wellbeing.

HEALTH OVER APPEARANCE

Monitoring both neck and waist measurements provides a practical approach to estimating our body fat distribution and the potential health risks associated with excess visceral fat. It is vital for devising preventative health strategies, promoting longevity, and improving the quality of life, moving beyond physical appearance to focus on intrinsic health and the biological impact of fat deposits.

VISCERAL FAT ESTIMATION

Waist circumference is a direct, clinical marker for visceral fat accumulation. It has been shown to correlate with excess visceral fat, which is a critical factor in the development of metabolic syndrome, cardiovascular disease, and type 2 diabetes.

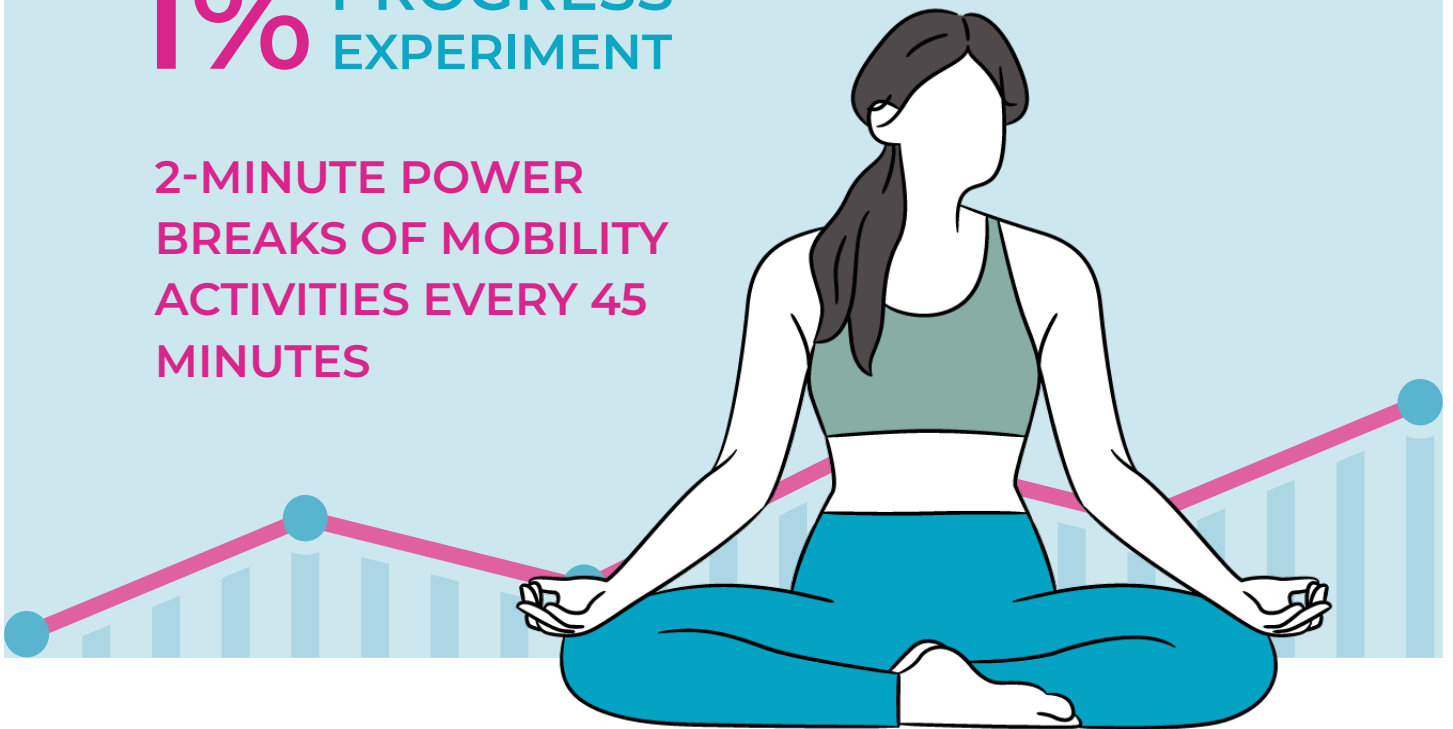
Neck circumference, though less directly correlated with visceral fat, can provide supplemental data that may enhance the predictability of health risks associated with fat distribution, particularly when the neck measurement is proportionally larger in relation to waist size.

Together, these measurements can help create a more accurate risk profile for an individual, as they give an indication of both the distribution and proportion of fat deposits.



1% PROGRESS EXPERIMENT

2-MINUTE POWER BREAKS OF MOBILITY ACTIVITIES EVERY 45 MINUTES



EMBRACE MOVEMENT, TRANSFORM YOUR BODY

Combat the negative effects of prolonged sitting and immobility by taking a 2 minute power break every 45 minutes.

What is a Power Break?

A power break is a short, focused burst of activity designed to break the monotony of prolonged sitting or static posture. These breaks are specifically crafted to target mobility and promote circulation, which can be beneficial for maintaining healthy body measurements.



TOP TIP

By interrupting sedentary periods with power breaks, you make strides towards better health, one step at a time. Remember, it's the consistency of these micro-movements that will yield results. Start incorporating these 2-minute power breaks into your routine and begin to feel the positive shift in your overall energy levels and productivity.

SPARK

STABILITY AND VITALITY

As we grow older, physical stability often deteriorates, which can be a telltale sign of biological ageing. Good balance and stability are indicative of a strong musculoskeletal system and an adept nervous system.

THE INTERCONNECTION OF STABILITY, COORDINATION, AND AGEING

The interconnection between stability, physical coordination, and biological ageing is clear; they are critical components of functional fitness, which is essential for healthy ageing.

When stability and coordination are compromised, the risk of accidents and consequent injuries increases, potentially leading to a downward spiral of reduced physical activity and further decline in overall health. By actively enhancing stability and coordination, individuals can help to maintain their functional age at a younger biological level.

Engaging in regular, targeted exercises can contribute to a lower biological age and a higher quality of life in the later years.

THE IMPORTANCE OF PHYSICAL COORDINATION

Good coordination is crucial for everyday tasks and maintaining independence, and its decline is often paralleled with the progression of biological ageing.

Coordination can be preserved through regular exercise that challenges the body's motor skills, like dancing, playing musical instruments, or engaging in sports that require hand-eye coordination. This not only keeps the body more youthful and agile but can also promote neuroplasticity, which can help to maintain cognitive functions that often decline with age.

In essence, good stability and physical coordination are integral to the ageing process, serving not just to protect the body from the immediate risks of falls and injuries, but also to support overall health and longevity.



SINGLE LEG BALANCE

The simple act of standing on one leg with your eyes closed acts as an indirect gauge of biological age by reflecting your functional fitness level.

By closing the eyes during this exercise, individuals are deprived of visual information, which is typically heavily relied upon to maintain balance.

► Bodily Awareness and Balance

Individuals must depend more heavily on proprioception—the body's internal sense of position in space—and the sense of balance maintained by the inner ear.

► Cognitive Compensation

The brain must work harder to process information from the remaining senses, testing cognitive reserve and adaptability, which can deteriorate with age.

Monitoring performance over time can be an invaluable tool in assessing functional decline and addressing it proactively through targeted interventions such as balance training and strength exercises.

Single - Leg Balance	
Age	Time in seconds
20	>30
25	>25
30	>22
35	>16
40	>12
45	>9
50	>8
55	>7
60	>5
65	>4
70	>0

TIMED UP AND GO" (TUG) TEST

The Timed Up and Go (TUG) test is a commonly used measure to assess mobility, balance, walking ability, and fall risk in adults, and it has stand-out significance when discussing biological ageing.

An individual's performance can be affected by the physiological changes, such as:

► Muscle Sarcopenia

The loss of muscle mass and strength that occurs with age can impair an individual's ability to stand up quickly or maintain a brisk walking pace.

► Joint Degeneration

Conditions like osteoarthritis can limit joint mobility, leading to slower and more careful movements during the test.

► Neurological Decline

Age-related changes in cognitive function can slow reaction times, affecting the speed of motor planning and movement initiation.

The single leg balance and timed up and go tables highlight the average seconds for each test per age group. The maximum impact these can have on your Wellbeing Age® is to add or subtract 10 years.

Timed Up and Go (TUG)	
Age	Time in seconds
20	<6.5
30	6.5
40	7
50	7.5
60	7.9
65	8.1
70	8.6
75	9.4
80	10.2
84	10.8

1% PROGRESS EXPERIMENT

BALANCE ON ONE LEG WHILE THROWING AND CATCHING A TENNIS BALL AGAINST A WALL FOR 30 SECONDS ON EACH LEG



MASTER YOUR BALANCE, ONE LEG AT A TIME

We invite you to take part in this 1% Progress Experiment to help improve your balance and coordination skills one throw, one catch and one leg at a time!

What are the benefits?

Not only does this exercise help reinforce the muscles that keep you stable, reducing the risk of falls it also improves focus and concentration. Note your progress - are you feeling steadier on one leg? Is it helping your overall balance during other activities throughout the day?



TOP TIP

Choose a time each day for your balance exercise, perhaps in the morning to kickstart your day or as a mid-afternoon break. Remember, it's the little wins that add up to grand achievements.

SMOKING

FULL SMOKING HISTORY

Smoking affects nearly every organ in the body and has profound implications for biological ageing. The cumulative damage caused by smoking exacerbates the natural ageing process, leading to an earlier onset of age-related diseases and a generally higher biological age compared to non-smokers.

SMOKING AND OXIDATIVE STRESS: PARTNERS IN AGEING

The inhalation of tobacco smoke unleashes an oxidative onslaught within the body, with free radicals and other oxidants causing widespread damage to cells, DNA, and proteins. This oxidative stress is a catalyst for premature biological ageing, visibly manifesting as wrinkled skin and reduced elasticity and contributing to the internal ageing of organs and systems. Smoking also wreaks havoc on cardiovascular health, paving the way for atherosclerosis and a host of age-related cardiac issues, while compromising pulmonary function portends an early decline in respiratory health.



SMOKING AND TELOMERE SHORTENING

Smoking instigates a cellular countdown by accelerating the shortening of telomeres—the protective caps on our chromosomes that normally degrade over time. As these telomeres become increasingly shorter, cellular ageing quickens, pushing the body closer to the age at which chronic diseases and senescence typically emerge. This process is a clear sign that the biological clock is ticking at an unnaturally rapid pace for smokers, reflecting an internal age that surpasses their chronological years.

THE SYSTEMIC IMPACT OF SMOKING

The systemic impact of smoking extends to the immune system, which becomes increasingly vulnerable to infections and inflammation.

Beyond the visible signs of skin ageing, smoking creates an internal environment primed for age-related diseases. Smokers may find themselves facing a higher risk of conditions such as Alzheimer's, osteoporosis, and cancer, diseases typically associated with advanced years. The disruption to hormonal balance and the body's diminished ability to heal further underscore the profound consequences of smoking on biological ageing.

To mitigate these effects and promote healthy ageing, quitting smoking is one of the most effective measures one can take.

STRESS

TYPE AND AMOUNT



Stress is the body's natural response to challenging situations, but when it becomes chronic, it can have profound effects on biological ageing. Let's delve into the relationship between stress and how it can affect your Wellbeing Age®.

NEGATIVE EFFECTS OF CHRONIC STRESS

Stress, when chronic and poorly managed, can be detrimental to our health for several reasons. It initiates a fight-or-flight response, releasing hormones like cortisol and adrenaline, which, in excess and over time, can lead to a myriad of health issues such as heart disease, hypertension, and a weakened immune system.

It can also cause mental health problems like anxiety and depression, disrupt sleep, and impair cognitive functions like concentration and memory. The constant state of tension can also strain relationships, reduce work productivity, and substantially lower overall life satisfaction.

IN CONTRAST: CAN STRESS EVER BE SUPPORTIVE?

Surprisingly, not all stress is bad. Acute, short-term stress, often referred to as “eustress,” can have beneficial effects by:

- ▶ Enhancing motivation and performance
- ▶ Leads to an increase in resilience when it's moderate and occasional
- ▶ Potentially activating some protective genes that could play a role in 'stress inoculation'

Essentially, while stress is an inevitable part of life, it's how we manage and respond to stress that can make the difference between accelerating our biological ageing or using it to strengthen our physiological resilience.

STRESS BUSTING TIPS

It's evident that while the body can use stress to build resilience, chronic and unmanaged stress is detrimental to our health. Effective stress management is thus a critical aspect when considering how to support healthy ageing. Practices such as:



MINDFULNESS

Practising mindfulness can help you stay grounded in the present moment, reducing anxiety and stress-related thoughts.



SOCIAL SUPPORT

Don't hesitate to talk about your concerns and feelings with someone you trust; often, just verbalising your stress can help lessen its power.



ADEQUATE SLEEP

Develop a bedtime routine to promote restful sleep as sleep deprivation can exacerbate stress.



PHYSICAL ACTIVITY

Regular exercise is one of the best ways to manage stress. It can range from gentle activities like walking or yoga to more vigorous workouts, which stimulate the release of endorphins—your body's natural mood lifters.



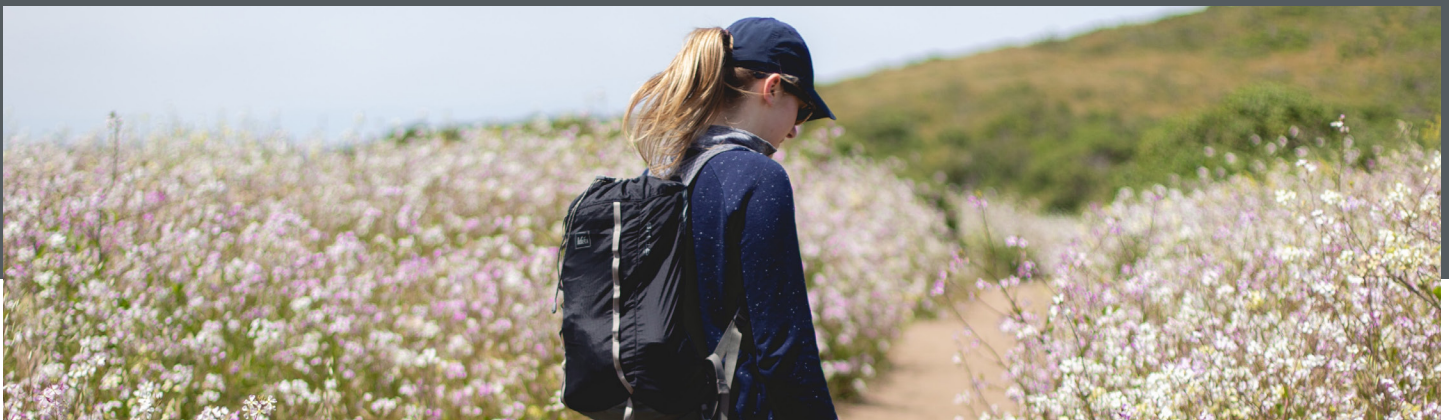
KEEP A GRATITUDE JOURNAL

Focus on the positive things in your life. Tracking your thoughts on a daily basis will help you to understand what triggers your stress and enable you to find ways to overcome them.



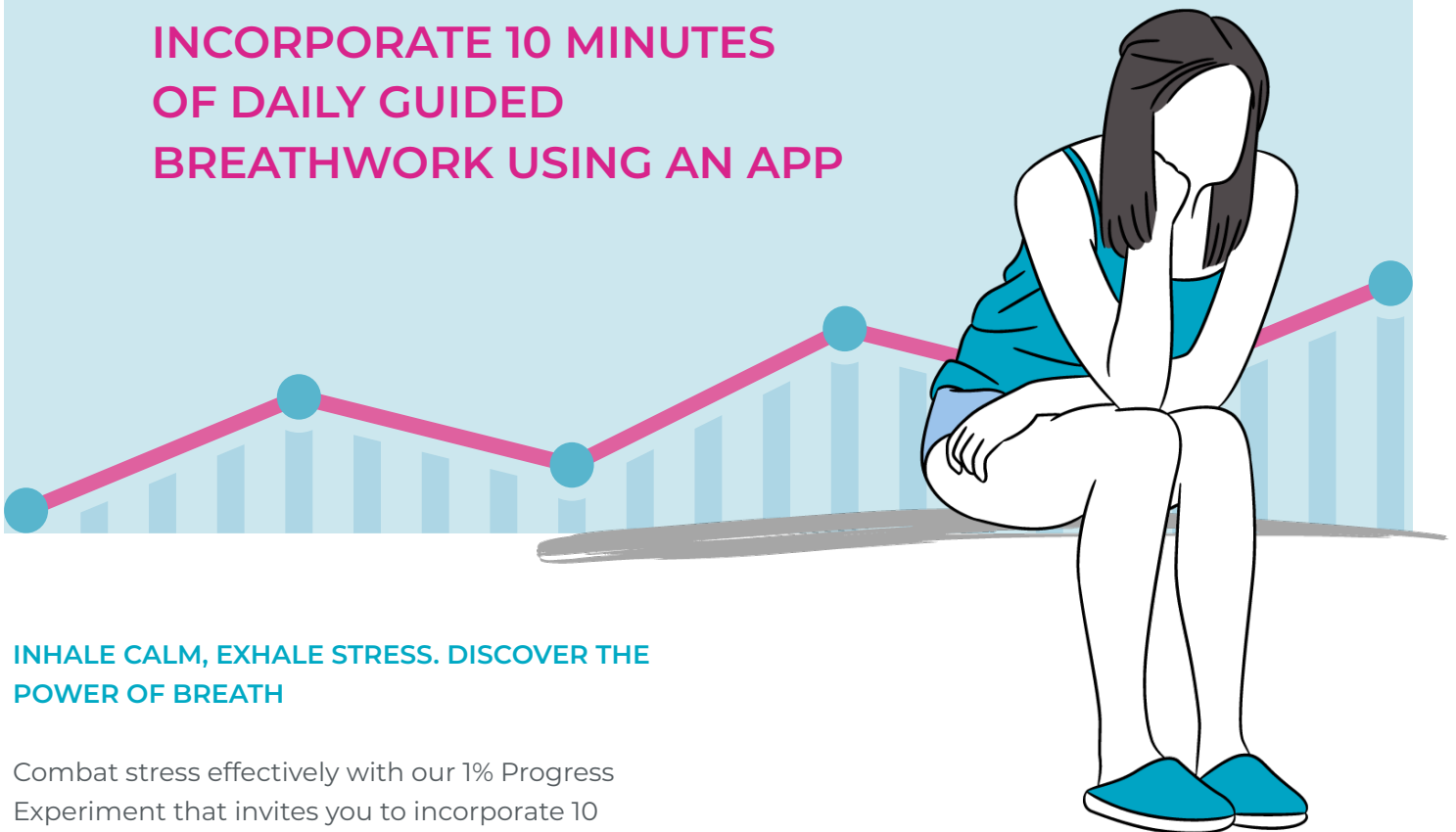
TIME MANAGEMENT

Effective time management can significantly reduce stress by helping you avoid the rush and pressure of running out of time. Prioritise tasks, set achievable goals, and break down larger projects into smaller, manageable steps.



1% PROGRESS EXPERIMENT

INCORPORATE 10 MINUTES
OF DAILY GUIDED
BREATHWORK USING AN APP



INHALE CALM, EXHALE STRESS. DISCOVER THE POWER OF BREATH

Combat stress effectively with our 1% Progress Experiment that invites you to incorporate 10 minutes of daily guided breathwork using an app. This small investment of time can translate into substantial improvements in your overall stress levels and wellbeing.

What is guided breathwork?

Guided breathwork is a structured breathing exercise led by a voice (either in person or via an app such as than Headspace, Calm or Insight Timer), helping you to focus on the rhythm and depth of your breathing.

It's a practice that has roots in various traditions and is widely recognised for its stress-reducing benefits.



TOP TIP

Consistent practice is at the heart of 1% Progress Experiments. By dedicating 10 minutes each day to guided breathwork, you're prioritising your mental and physical health, one breath at a time.

STIMULANTS

COFFEE, TEA AND ALCOHOL

Stimulants like tea, coffee, and alcohol can have significant impacts on biological ageing, offering both supportive and detrimental effects. Their influence on our bodies is complex, as they can interact with various biological systems that play a role in the ageing process.

TEA AND COFFEE: A DOUBLE-EDGED SWORD

Rich in antioxidants, both tea and coffee can help in neutralising free radicals, which are known to contribute to ageing and degenerative diseases.

These beverages, particularly green tea and coffee, have been associated with an array of health benefits, potentially contributing to improved cardiovascular health and a reduced risk of certain types of cancer.

Caffeine and the less well known theophylline and theobromine can increase alertness and cognitive function in the short term.

However:

Caffeine can also interfere with sleep quality when consumed in large amounts or too close to bedtime. Poor sleep has a direct impact on biological ageing markers by impairing cellular repair and hormonal regulation.

Overconsumption of caffeine can also lead to increased cortisol levels, potentially exacerbating stress-related ageing factors.

ALCOHOL: POTENTIAL BENEFITS OFFSET BY RISKS

Alcohol has gone through various stages of being seen as beneficial in smaller doses although lately the consensus is more towards the detriment this substance can have on our health and wellbeing.



Alcohol is a known sleep disruptor and excessive alcohol consumption is a significant risk factor for chronic inflammation, liver disease, cardiovascular disease, and neurological decline.

However:












In moderation, alcohol, particularly red wine, has been linked to a decreased risk of heart disease, thanks to compounds like resveratrol.

These same compounds may also contribute to longevity and protect against certain age-related diseases.

MODERATION IS KEY

Regarding the question of how these stimulants affect biological ageing, the overarching message is one of balance and moderation. While tea and coffee have components that might support health and slow down the ageing process, they should be consumed in reasonable amounts to avoid disrupting sleep. Alcohol, although it can offer some health benefits if consumed sparingly, presents a greater risk for speeding up biological ageing when not consumed responsibly.

Ultimately, the regular use of these stimulants should be carefully managed and integrated into a broader lifestyle approach that includes proper sleep, a balanced diet, regular physical activity, and stress management to support optimal wellbeing.

1 UNIT	1.5 UNITS	2 UNITS	3 UNITS	9 UNITS	30 UNITS
 <p>Normal beer half pint (284ml) 4%</p>	 <p>Small glass of wine (125ml) 12.5%</p>	 <p>Strong beer half pint (284ml) 6.5%</p>	 <p>Strong beer large bottle/can (440ml) 6.5%</p>	 <p>Bottle of wine (750ml) 12.5%</p>	 <p>Bottle of spirit (750ml) 40%</p>
 <p>Single spirit shot (25ml) 40%</p>	 <p>Alcopop bottle (275ml) 5.5%</p>	 <p>Normal beer Large bottle/can (440ml) 4.5%</p>	 <p>Large glass of wine (250ml) 12.5%</p>	<p>DO YOU KNOW WHAT A UNIT OF ALCOHOL IS?</p> <p>Units are a simple way of expressing the quantity of pure alcohol in a drink.</p> <p>Knowing your units will help you stay in control of your drinking. The number of units in a drink is based on the size of the drink, as well as its alcohol strength.</p>	
<p>The government advises alcohol consumption should not be regularly exceed:</p> <ul style="list-style-type: none"> ▶ 3-4 units daily for men ▶ 2-3 units daily for women 			 <p>Medium glass of wine (175ml) 12.5%</p>		

1% PROGRESS EXPERIMENT

REPLACE JUST ONE REGULAR
CAFFEINATED DRINK A DAY
WITH A HERBAL OPTION



ARE YOU READY TO BREW A NEW HABIT?

We invite you to take part in this 1% Progress Experiment as replacing one daily caffeinated beverage for a herbal tea can enhance hydration, reduce stress, improve sleep, and offer a variety of other health benefits without the energy crashes associated with caffeine.

Why make the switch?

Herbal teas are not only caffeine-free but can also provide additional health benefits. From aiding digestion to promoting relaxation and improving sleep quality, the advantages of integrating herbal tea into your day are vast.



TOP TIP

By reducing your caffeine consumption, especially in the latter part of the day, you may experience improvements in sleep quality, as caffeine can disrupt circadian rhythms. Many people find that reducing caffeine helps to regulate their body's natural energy levels, leading to a more consistent and natural feeling of alertness throughout the day.

SITTING AT WORK AND AT HOME

The act of sitting for extended periods, often referred to as 'sitting disease', has been increasingly recognised for its negative consequences on our health and wellbeing. Here's how a sedentary lifestyle can precipitate the ageing process:

CARDIOVASCULAR HEALTH

Sitting for long durations can lead to reduced blood flow and lower metabolism, which negatively affects cardiovascular health.

Prolonged sedentary behaviour is linked with an increased risk of heart disease and stroke, conditions that can prematurely age the cardiovascular system.

MUSCULOSKELETAL DEGENERATION

Extended sitting leads to muscle atrophy, particularly in the lower body, reducing muscle mass and strength. Poor sitting posture can contribute to back pain and spine issues, including degenerative changes that are aggravated with age.

METABOLIC IMPLICATIONS

A lack of movement decreases calorie expenditure, thus increasing the risk of weight gain and obesity. A sedentary lifestyle can also reduce insulin sensitivity, increasing the risk of type 2 diabetes.

MENTAL HEALTH CONCERNS

Being physically inactive can affect brain health, potentially increasing the risk of cognitive decline and dementia. Sedentariness can also lead to mood disorders such as depression and anxiety, which can have somatic effects, contributing to an aged physiological state.



MOVEMENT THE MEDICINE AGAINST AGEING

Taking proactive steps to counteract sedentary behaviour can have significant benefits for your health and wellbeing. Integrating these strategies into your daily life can lead to sustained lifestyle changes, promoting activity and countering the effects of sedentary habits on biological ageing.



MOVEMENT SNACKS

Set a timer to remind yourself to stand up and move around every 60 minutes.



ACTIVE WORKSTATIONS

If you work at a desk, consider a standing desk or opt for walking meeting where possible.



LEISURE ACTIVITIES

Swap activities like watching TV with more active pursuits, such as gardening or playing a sport.



ACTIVE COMMUTE

Whenever possible, choose walking or cycling over motorised transport, especially for short distances. If you use public transport get off a stop early to increase your step count!



ROUTINE AND HABIT FORMATION

Build activity into your schedule so it becomes a routine. For instance, start your morning with stretching or yoga, or end your workday with a brisk walk.



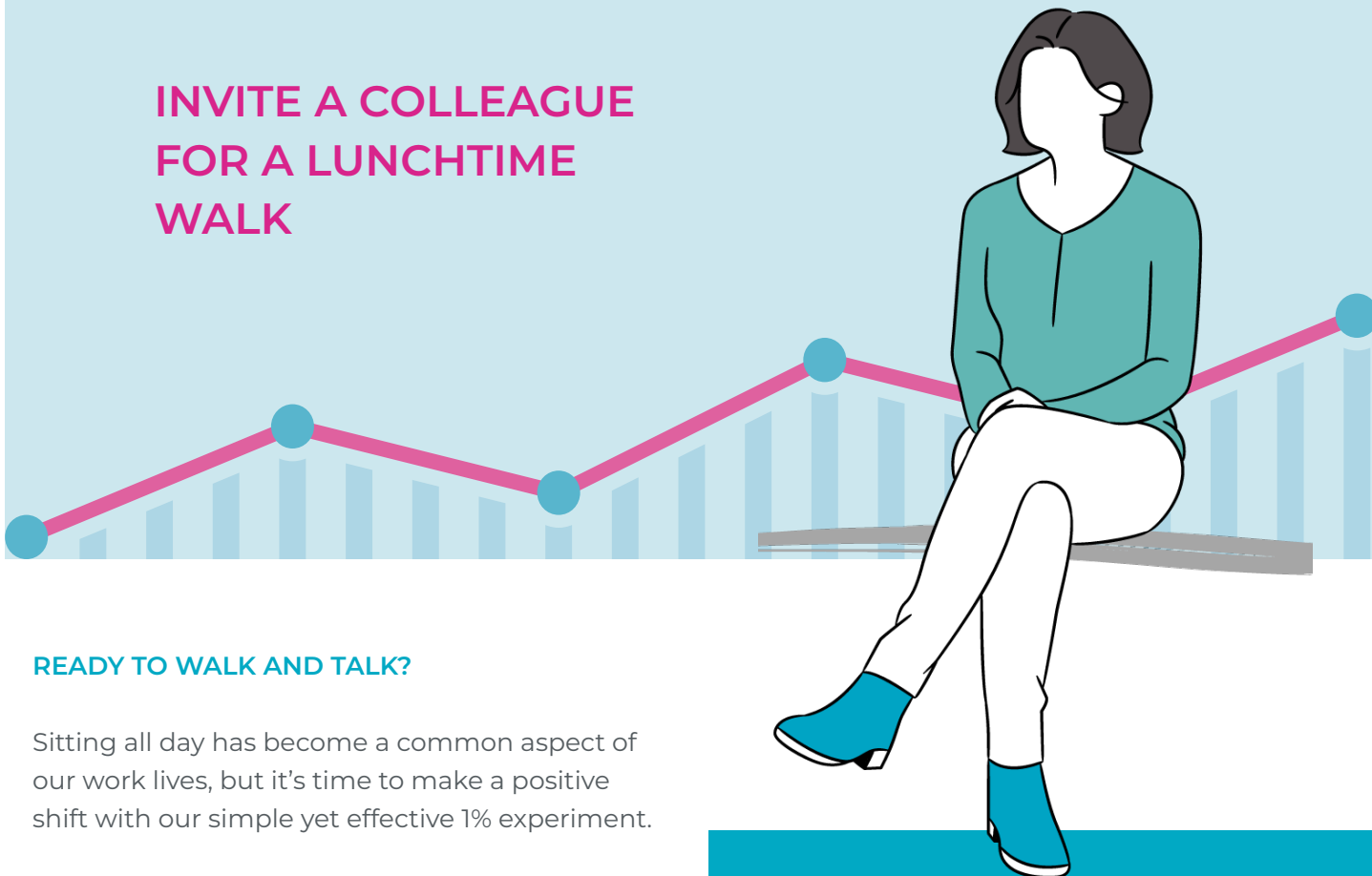
REGULAR EXERCISE

Aim to follow the recommended guidelines for physical activity, which typically suggest at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous activity per week.



1% PROGRESS EXPERIMENT

INVITE A COLLEAGUE FOR A LUNCHTIME WALK



READY TO WALK AND TALK?

Sitting all day has become a common aspect of our work lives, but it's time to make a positive shift with our simple yet effective 1% experiment.

The perks of walking:

By taking proactive steps to combat a sedentary lifestyle, this not only helps to reduce health risks but also fosters stronger workplace relationships through shared experiences and improved communication.

The gentle release of endorphins during your walk can significantly elevate your mental well-being, whilst the post-walk boost in focus and energy levels can enhance overall productivity.



TOP TIP

Aim for a regular walking schedule, maybe starting with once a week and increasing frequency as you both get comfortable. Keep it simple with a nearby route that fits into your lunch break and encourage a culture of movement by inviting more colleagues to join.

SLEEP

QUALITY AND QUANTITY

Investing in quality sleep hygiene can be your secret weapon to naturally slow the ageing process and boost your overall health. Just as vital as a balanced diet and regular exercise, sleep is a cornerstone of wellbeing, playing a key role in keeping your cells youthful and vibrant.

CELLULAR REPAIR AND RESTORATION

Sleep provides an opportunity for the body to repair cellular damage, including damage to DNA, which is pivotal in preventing mutations and the decline associated with ageing. It also promotes the synthesis of proteins and the release of growth hormones, essential for maintaining tissue health and regeneration.

BRAIN HEALTH AND COGNITIVE FUNCTION

Sleep is crucial for cognitive processes, including memory consolidation, where the brain processes and stores new information, which is essential for learning and brain plasticity.

During deep sleep, the brain's glymphatic system becomes more active, clearing out waste products—including proteins linked to neurodegeneration, such as beta-amyloid.

METABOLIC REGULATION

Sleep helps to regulate hormones that control appetite, metabolism, and stress, such as ghrelin, leptin, and cortisol, which play roles in obesity and metabolic syndrome, both of which are associated with premature ageing.

Adequate sleep maintains insulin sensitivity, reducing the risk of type 2 diabetes, a condition that can accelerate biological ageing through its various complications.

EMOTIONAL WELLBEING AND STRESS REGULATION

Sleep helps regulate mood and emotional health, reducing the risk of mental health conditions like depression and anxiety. Good sleep reduces the levels of stress and allows for better regulation of the body's stress response, protecting against the cellular damage caused by chronic stress.



Making sleep a priority isn't just a luxury—it's an essential investment in our future health and resilience against the natural progression of ageing. By cherishing and nurturing our nightly rest, we give ourselves the best possible chance to not just add years to our life, but life to our years.

1% PROGRESS EXPERIMENT

START EVERY DAY WITH TIME OUTDOORS TO RESET YOUR CIRCADIAN RHYTHM



KICKSTART YOUR DAY OUTDOORS FOR BETTER SLEEP

Embark on a journey to improved sleep quality with this 1% Progress Experiment. By starting each day with a moment outside, you have the power to reset your body's natural clock—the circadian rhythm.

Why step outside?

When it comes to sleep, every small improvement counts. By embracing the morning sunlight, you naturally align your body's circadian rhythm for stable sleep-wake cycles and gain a boost in daytime alertness as the sunlight prompts your body into wakefulness, ensuring you remain vitalised throughout the day.

The distinct transition from the brightness of day to the calm of night will then aid in achieving a more profound and rejuvenating sleep.



TOP TIP

Make it part of your daily routine by enjoying your morning tea or coffee outside. The key to resetting your circadian rhythm is consistency.

SOCIAL INTERACTION AND ENJOYMENT

Immerse yourself in the power of social engagement - it's the secret recipe for a vibrant life. Its powerful impact goes beyond boosting our psychological health and overall wellbeing. Let's unravel how socialising can be your golden ticket to healthier ageing:

REDUCED STRESS AND INFLAMMATION

Engaging in positive social interactions encourages the release of hormones such as oxytocin. This can lower cortisol levels, helping to slow down cell ageing and in turn, keeping you younger for longer

PURPOSE AND BELONGING

Feeling a sense of purpose and belonging through social roles and interactions can lead to better self-care and a more vibrant life.

Embracing social interaction is a powerful antidote to loneliness.

IMPROVED PHYSICAL HEALTH

Social circles can be a fantastic catalyst for fostering wholesome habits like routine exercise and balanced nutrition - key ingredients to keeping fit and promoting peak wellness.

SHARPENS YOUR MIND

Being social exposes individuals to new and different ideas, which can keep the mind active and engaged, a practice that can preserve mental sharpness as we age.

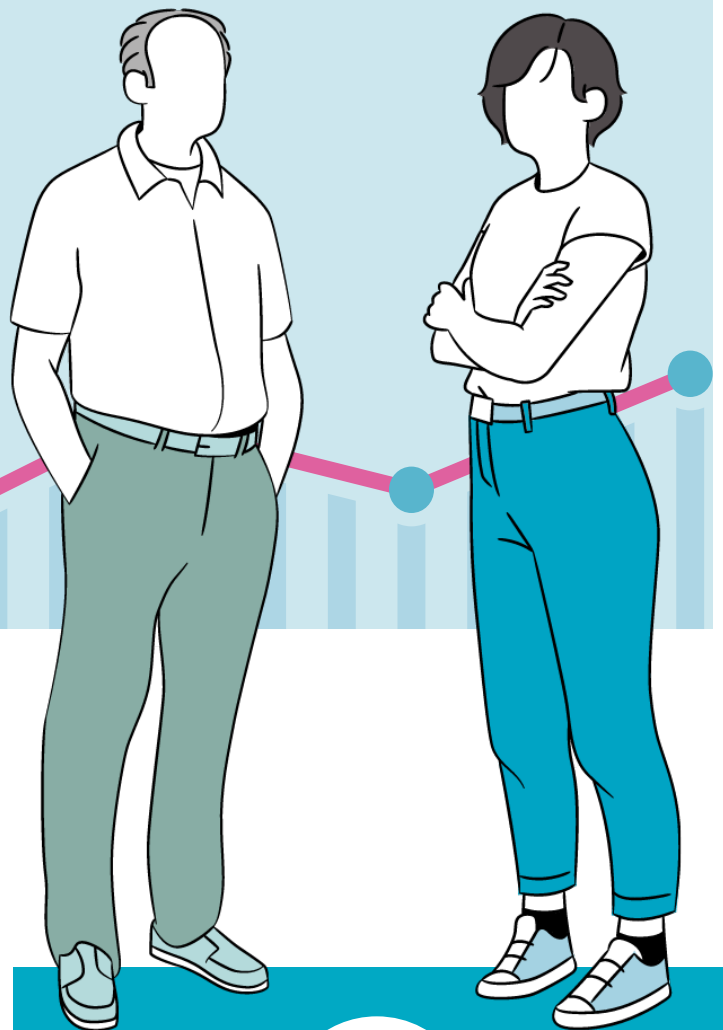
Socialising not only demands mental agility, but also aids in preserving and enhancing cognitive abilities. This interaction can play a crucial role in postponing the emergence of neurodegenerative diseases associated with ageing.

While the biological mechanisms of ageing are complex, it's clear that social factors play a critical role in moderating the effects of time on our bodies. Being social forms a vital part of an active and healthy lifestyle, making it a key component in the intricate dynamics of biological ageing.



1% PROGRESS EXPERIMENT

SCHEDULE IN TIME FOR WEEKLY SOCIAL INTERACTION



A SMALL INVESTMENT FOR SIGNIFICANT SOCIAL BENEFITS

Take charge of your social wellbeing with our 1% Progress Experiment by intentionally scheduling time for social interactions every week.

The Power of Planned Social Engagement:

Build meaningful connections, boost mental health and enhance communication skills. Socialising has been proven to elevate mood and lower stress levels, contributing to overall emotional resilience.

This experiment isn't about grand transformations; it's about acknowledging the cumulative effect of regularly investing in our social lives.



TOP TIP

Treat these social appointments as you would any important commitment. Aim for a realistic social engagement each week, whether it's a coffee date, a walk in the park, or a video call.

YOUR WELLBEING JOURNEY BEGINS TODAY

Congratulations on taking this step on your wellbeing journey with our Advanced Wellbeing Age® Assessment.

You're now perfectly positioned to tailor your lifestyle for the better. Explore the 1% progress experiments we've suggested and discover the power of small, daily habit changes.

Remember that wellbeing is personal and subjective to each and everyone one of us and that you are the expert on you. As you venture through this journey, remember:

▶ **You Are Unique:** Personalise your path to wellbeing, tailoring it to fit with your individual needs and preferences.

▶ **Be Patient:** Real change takes time — embrace each new habit with commitment and care.

▶ **Stay Curious:** Experiment, adjust, and learn. You're not just following a process; you're discovering what helps you thrive.

GOOD LUCK!

The path to wellbeing is enriched with every positive step you take. Please don't hesitate to get in touch using hello@wellbeingpeople.com should you have any questions.



Your Wellbeing Coaches

Carin & Grant



WellbeingAge[®]

