

Live longer

Want to make it to your 100th birthday? Hit the gym! A new US study found that doing moderate exercise for two-and-a-half hours a week can extend your life by nearly three-and-a-half years. Here's to a hot and healthy future!

FAST FITNESS

Get up to speed with the latest training tricks

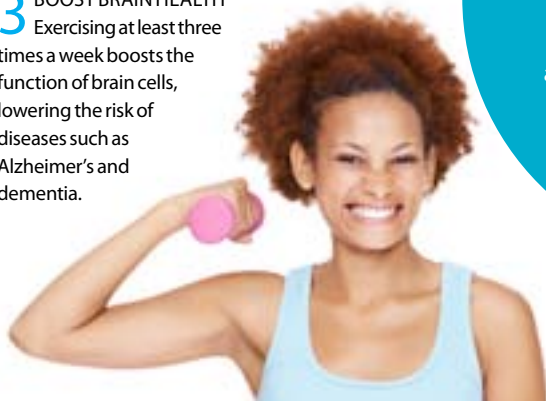
3 GET FIT FOR LIFE

To stay in great shape as you get older, make these tips a habit today

1 GO LOW
Low-impact exercise, such as swimming, cycling and yoga, challenges your body without placing too much stress on your joints.

2 LIFT WEIGHTS
Regular resistance training helps to stave off osteoporosis by building and maintaining strong bones. Get lifting today!

3 BOOST BRAIN HEALTH
Exercising at least three times a week boosts the function of brain cells, lowering the risk of diseases such as Alzheimer's and dementia.



First aid

Intense exercise can be tough on your body, so keep Patrick Holford's Optimum Nutrition Pack close at hand after a punishing workout. The immune-boosting formula packs a dose of essential fatty acids, vitamins and minerals into its handy blister pack to help you keep fighting fit.

● £39.99, Holland & Barrett



RIGHT ON TIME

Keep your fitness goals on track with Garmin's Forerunner 10 GPS watch. Designed for runners and long-distance walkers, it measures speed, distance and your calories burned. Plus, we love that £5 from every sale goes to Cancer Research UK.

● £99, tesco.com/direct



→ SMART SNACK

BANANA SHAKE

A good muscle-repair snack is an important part of any training regime. Fuel your body after a workout with this protein and carb-rich snack.



1 BANANA



SOLGAR PROTEIN, £24.66, ELIXIRHEALTH.CO.UK



ALMOND MILK



USN TORNADO SHAKER, £7.99, SAINSBURYS.CO.UK



A tasty, muscle-boosting shake!