



Preventicum

London Centre of Preventive Medicine

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Did you know?

A pound of fat equals 3500 calories. To lose a pound a week you will need to expend 3500 more calories than you eat that week whether through increased activity, decreased eating or both. This works out at 500 negative calories a day.

Tip of the Month

Swap your regular morning latte for a skinny cappuccino and save 120 calories

Watch our Movie

"Hello and welcome to the September issue of Preventicum E-news"

It's September already and as summer draws to a close, schools go back, rush hour traffic increases and the hours of sunshine decreases, it is often hard for many of us to find the motivation and the time to exercise. Most of us also find it hard to incorporate exercise into our busy lifestyles.



*However good news is that new findings reported in *The Lancet* now show that even a short amount of daily exercise is beneficial - read our first article to find out more.*

We have now reached a time where amazingly more people in the world are dying of having too much food than those dying of starvation. Alarming new statistics and projections on obesity have been recent headline news and we discuss this in our



Client Testimonials

"I found the Preventicum full screening service to be far in advance of any of the previous check-ups that I have had over the last 20 years. The scope and technical application that the Preventicum service brings is second to none and the facilities are exemplary "

Bill Holroyd DL

[Click here](#) to read more of our testimonials

second article.

As always, please [forward](#) this Enews to friends, family and colleagues who may be interested in it.

Dr Garry Savin, Medical Director

15 minutes of daily exercise = a longer life

Scientists reporting in The Lancet suggest that just 15 minutes of exercise per day can increase your life expectancy by three years and cut the risk of death by 14%.



The study, which involved more than 400,000 people between 1996 and 2008 showed that even short bursts of physical exertion can lengthen your lifespan by three years. The group of people who did 15 minutes of exercise daily had a

reduced all-cause mortality of 14% and all cancer mortality of 10% when compared to the inactive group. The researchers also found that every additional 15 minutes of daily exercise beyond the minimum 15 minutes per day further reduced all-cause mortality by 4% and all cancer mortality by 1%.

Findings also show that two hours a week of vigorous-intensity exercise generated similar health benefits as four hours of moderate-intensity exercise. This works well for people who don't have time during the week for exercise although it is still sensible to exercise throughout the week rather than just at the weekend as this increases the potential for injury and heart attacks.

Exercise has been shown to have a protective effect against cancer. People classified as 'inactive' had an 11 per cent higher risk of dying of cancer than those in the 'low-volume' activity group.

England's Chief Medical Officer, Sally Davies said: 'Physical activity offers huge benefits and these studies back what we already know - that doing a little bit of physical activity each day brings health benefits and a sedentary lifestyle carries additional risks.'

Hopefully, studies such as this will help people to realise that there are ways of fitting exercise into your daily life, even if this means walking to work at a faster pace!

Benefits of exercise:

- Reduces the risk of a range of diseases such as coronary heart disease, stroke and type 2 diabetes
- Maintain a healthy weight
- Helps to maintain the ability to perform everyday tasks with ease
- Improves self esteem
- Reduces symptoms of anxiety and depression

For details on our range of Check-Ups, please [click here](#) or [email us](#).

Obesity on the up

You may have seen the latest shock headlines in many newspapers over the past few weeks with the story that by 2030, if trends continue, 50% of men in the UK will be obese with women following closely at 43%. These worrying statistics originate from a series of papers in the medical journal, The Lancet who have been examining the current worldwide obesity 'pandemic'.



Another report evaluated 11 countries and found that of these the US and UK consistently had the highest prevalence of obesity over the past 20-40 years and the prediction was that this trajectory was likely to continue to 2020.

Cardiovascular disease, diabetes and various cancers are the main chronic diseases associated with obesity and given that the prevalence of these diseases is already rising due to people living longer it is something we need to tackle now. It is estimated that obese people's medical costs are 30% higher than those of normal-weight people.

"It is incredible to think that approximately 90% of type 2 diabetes is in effect a self-inflicted illness due to excessive weight gain. Gastric banding is also one of the fastest growing areas in surgery and approximately a million Britons may be currently eligible for weight reduction surgery" says Dr Garry Savin, Medical Director at Preventicum.

Click [here](#) to read more from The Lancet Obesity papers.

For information about our Check-Ups please [click here](#) or to book an appointment with our Dietician, Becky Stevenson, please [email us](#).



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