

# Prioritising Health: The Path to a Happier Life

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*Over a Third of Men and Almost Half of Women Not Active Enough for Good Health*

BRIGHTON, UK, May 22, 2023 /EINPresswire.com/ -- In today's fast-paced world, taking care of our health can often take a back seat to our busy lives. However, this is a mistake that can have serious consequences for both our short-term and long-term well-being. [According to gov.uk](#), around 34% of men and 42% of women in the UK are not active enough for good health, which is a concerning statistic.

The benefits of a healthier lifestyle cannot be overstated. Regular exercise and a balanced diet can help prevent and manage over 20 chronic conditions and diseases, including some cancers, heart disease, type 2 diabetes, and depression. In addition, a healthy lifestyle can improve mental health, reduce stress, and improve overall quality of life.

Scott Reid, the founder of [Focus Performance](#), a UK-based sports supplements brand, emphasises the importance of a healthy lifestyle: "As someone who has witnessed the transformative power of exercise and healthy lifestyle choices, I cannot stress enough the importance of prioritising your health. Whether it's through regular physical activity, eating a balanced diet, or managing your stress levels, there are simple steps you can take to improve your overall well-being. By investing in your health, you'll not only feel better in the present moment but also set yourself up for a happier, more fulfilling future."

In order to prioritise our health, we need to make a conscious effort to make lifestyle changes that promote overall well-being. This includes regular exercise, healthy eating habits, and getting enough sleep. It's important to start small and gradually build healthy habits over time.

By making healthy choices, we can prevent the onset of chronic diseases and improve our overall health and well-being. Let's start taking our health seriously and make a commitment to live a healthier lifestyle.

Scott Reid  
Focus Performance  
+443300940194 ext.

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