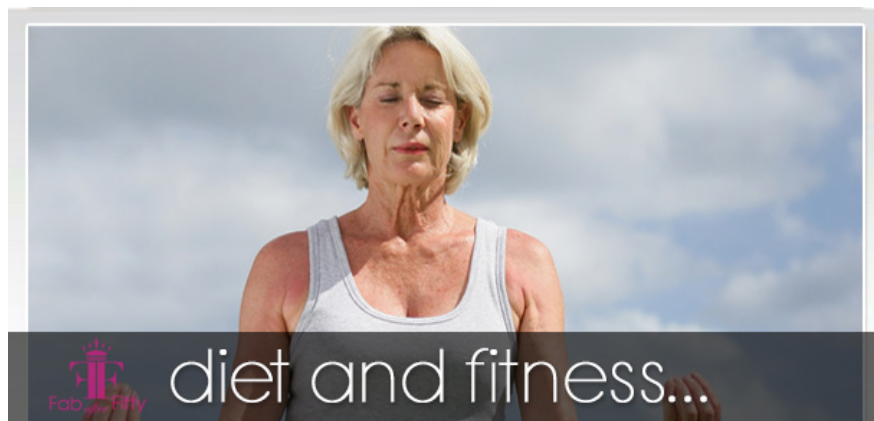




Diet and Fitness

The latest in nutrition and fitness to be healthy over 50!

Diet & Fitness



How to be FIT at FIFTY from the inside out this summer

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With the summer here (well almost), it's the perfect time to ensure you're not just looking your best on the outside but that you're feeling your best inside. You've probably spent the last few months getting yourself beach ready – cutting out the carbs, re-acquainting yourself with your gym and topping up the fake tan. But don't forget it's what's going on inside that counts. Having a healthy blood flow and ticker will determine whether you can rule those waves like you used to; whether you can run *Baywatch* style along the beach after your children or grandchildren; whether you can hike or cycle to the top of that mountain to see the breathtaking views or whether you can dance well into the evening.

Start from the heart...



If you want to be truly FIT at fifty, you need to start from the heart. And now there is a 100% natural, safe and scientifically proven way to do so with **Fruitflow®+ Omega-3** capsules. Fruitflow®+ Omega-3 is an easy and clinically proven way to help maintain normal blood flow and a healthy heart – without medication or side-effects – for healthy adults who want to take control of their diet and lifestyle to maintain cardiovascular health.

Why bother about blood flow?

Okay so you probably all know the buzzwords around keeping your heart healthy – watching your blood pressure and keeping your cholesterol levels in check. But do you know about the importance of maintaining healthy blood flow? Did you know that a healthy blood flow is absolutely vital to avoid dangerous blood clots, which can lead to a heart attack, stroke and pulmonary embolism?

Simplifying the science, within the blood there are platelets, released from bone marrow, which can morph from being smooth to spiky. In a smooth state they circulate easily but they can also become sticky and send out signals for other platelets to stick together to form a clot. Whilst this is obviously vital in an injury, it's dangerous if it happens inside the body and the resulting clot interrupts healthy blood flow.

What you probably don't know is that as you get older, your blood platelets tend to get spiky more of the time, meaning your blood flows less smoothly. And 'activated' platelets are also more likely in people who: have high cholesterol or blood pressure, are overweight, drink or smoke, have a poor diet, lack exercise, have diabetes or experience stress. Does that sound like you?! Generally speaking, everyone's blood flow can change hourly based on all of these lifestyle factors, meaning we all need to be more aware of our blood flow.

Get the quick fix to fitness this summer...

So what's the quick fix? You'll be happy to know it's easier than those spin classes, less time consuming than those spray tan sessions and less painful than that bikini wax. All you need to do is take a daily capsule of Fruitflow+ Omega-3. Fruitflow® is an active ingredient found in the jelly around the seeds of a tomato and Omega-3 is made from fabulous fish oils. But before you consider whacking a load of tomatoes into your Nutribullet or going on a tomato and fish soup diet, just note that it needs to be in a highly concentrated form to be effective.

The makers of Fruitflow+ Omega-3 have extracted the active ingredients and put them into an easy to take capsule that has been classified as a food and offers a two-in-one health hit to ensure greater cardioprotective effect! Initially, the benefits of each capsule will last 12-18 hours, but with continued daily use, will provide 24-hour protection. It works by keeping blood platelets smooth which helps promote normal blood flow and circulation, to help normal heart function.

Reassuringly all the science checks out too. In the largest single Fruitflow® study, positive effects were observed in 97% of people tested and there are absolutely NO recorded side effects.



So make sure that summer glow is long lasting by remembering the importance of healthy blood flow and beginning to take this easy, one-a-day natural supplement. Fruitflow®+ Omega-3 is priced at £15.95 for 30 capsules and available to buy direct from www.fruitflowplus.com. And you can check out the Facebook page at www.facebook.com/FruitflowPlus