



Quick fixes: Things to do in the next 24 hours

Feeling irritable? Drink water

You should drink at least 1.5 litres per day and most of us don't drink enough. Water flushes toxins out of the body and keeps the skin looking young.

Plan a night out with friends or a weekend away

According to a study presented at a conference of the US Society for Neuroscience, even looking forward to having a laugh can reduce your levels of tension, anger, depression and fatigue.

Remove all but essentials from your bag

A heavy bag can cause shoulder, back and neck strain. With shoulder bags, switch shoulders often, and if work requires you to carry a laptop choose a back-friendly back pack.

Take deep breaths

Breathing eight breaths a minute can lower your blood pressure and slow your pulse rate, making you feel more relaxed. If you have high blood pressure that is not controlled by medication, breathing properly could help.

Adjust your posture

Not only does good posture prevent back pain but it increases lung capacity so you can take bigger breaths.

Stop smoking

No guide to healthy living would be complete without addressing this. Immediately, CO₂ starts leaving your body and your blood pressure and pulse rate return to normal after 20 minutes.

Stop worrying

Worriers are more prone to cancer than happy-go-lucky types. A study found people who scored highly in an anxiety test were around 25% more likely to develop premalignancies, a precursor to cancer. Talk to a friend – it always helps to put a problem in perspective.

Don't be fooled

Check food claims alongside the label – "85% fat-free" still means 15g of fat per 100g. Similarly "no added" sugar doesn't mean low calorie – the food could be naturally high in sugar.

Stretch

Evidence shows this can restore lost flexibility and over time can lead to a sustained increase in range of motion, by increasing the temperature of muscles. Each muscle group should be stretched for 15 minutes.

Don't fall for miracle cures

Habits, like weight, are acquired over many years and take just as long to shake off.

