

# boost

Health &  
wellbeing

*New inspiration for you and your family*

## 5-minute wonders

### HEALTH BOOST

**Happiness is good for the soul** – but now it's also great for your health. New research from University College London has found that feeling cheery actually thins the blood and reduces its stickiness, aiding blood flow. 'The colour purple is known as a "happiness" shade, so buy some lilac-coloured flowers, like hyacinths, and arrange them where you can see them for an instant mood boost,' suggests colour therapist Juliet Standish.

### BODY BOOST

**Struggling to remember** all those little things? A study from the University of Plymouth claims that doodling while you take in information helps focus your mind on the matter in hand, and can improve your recall by as much as 29%. So keep a pencil and pad next to your phone or on your desk ready to scribble on.

### MIND BOOST

**Just five minutes of skipping** has the same health benefits as a 20-minute run, suggests new research. What's more, it's great for toning your bottom and thighs, and can improve your bone density, helping to reduce your risk of osteoporosis. All you need is your trainers and enough room to swing your rope!



## Dig for vitality

Scientists have discovered that a 'friendly' bacteria found in soil activates brain cells to produce the feel-good chemical serotonin in a similar way to antidepressants. The benefits of gardening are now so widely known, it's recognised as a therapy. Visit [www.thrive.org.uk](http://www.thrive.org.uk) to find out how you can use it to change lives. >