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7 expert-backed habits to future-proof your health

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If you are between 25 and 45, this may be the right time to start paying closer attention to habits that can shape your health for decades. Dr Saurabh Sethi, Harvard and Stanfordtrained gastroenterologist and hepatologist, says poor eating patterns, stress, lack of sleep and inactivity can quietly affect digestion and raise the risk of long-term health issues. He shares seven ways for longevity.



PROTECT YOUR SLEEP

“Your brain and body recover during sleep,” says Dr Sethi, adding that hormones, metabolism, memory and mood are regulated at night. Chronic sleep deprivation has been linked to obesity, depression and heart disease.

START STRENGTH TRAINING

Muscle mass is one of the strongest predictors of healthy ageing. “Strength training improves metabolism, insulin sensitivity, and joint stability,” he explains, adding that it can help prevent osteoporosis later in life.

MANAGE STRESS BETTER

Calling stress management a lifelong health skill, Dr Sethi says chronic stress increases cortisol and inflamma tion in the body. “High cortisol raises the risk of heart disease, weight gain, hor-mone disruption, anxiety, and burnout,” he shares.

PROTECT METABOLIC HEALTH

“Your habits now shape your risk of diabetes and heart disease later,” he says. His advice: focus on whole foods, regular movement, adequate sleep and limiting ultra-processed foods.

INVEST IN RELATIONSHIPS

Strong relationships are among the biggest predictors of long-term health. Supportive friends and family can reduce stress and improve mental well-being, while social isolation has been linked to depression, heart disease and shorter life expectancy.

READ AND MOVE DAILY

Reading keeps the brain active and improves focus, learning and critical thinking. He also stresses daily move ment, saying, “Your body is designed to move.”

BE MINDFUL WITH ALCOHOL

“Alcohol affects sleep, recovery, liver health, and brain function,” he says, advising people to avoid it or be inten tional about how much and how often they drink.