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'Miss List'

With retirement in your sights, what do you think you'll miss?

Spending time with family, easily having a shower or bath and driving a car are the top day-to-day moments that most people would miss if they could no longer do them.

However, seven in ten (69%) people – over 36 million^[1] people – fail to associate good health with being able to do activities like these, according to research released by Bupa Health Clinics which surveyed over 4,000 people across the UK.

Other pursuits which made the 'Miss List' include eating out, sport and exercising, and cooking. However, the role health plays in enjoying these everyday things and achieving goals in life is taken for granted by many adults.

GOOD SOCIAL CIRCLE

Two fifths, or 20 million people^[2], have never considered how good health helps them achieve their ambitions in life. Meanwhile, almost half (49%) have never considered the impact that being fit and well has on professional success; 44% overlook the role health has in maintaining a good social circle; and over a quarter (27%) don't think about it in relation to simply feeling confident and being independent (27%).

APPRECIATE LIFE MORE

Despite the findings, 91% of people admit they've had an experience which has made them reassess and appreciate life more. Top moments which sparked a new sense of gratitude are having a health issue^[3] (44%), losing someone close (42%), becoming a parent (30%), witnessing world events on the news (23%) and getting married (22%). And yet results also found that two thirds of Britons admit they take their health for granted. Additionally, four in five think they could appreciate their daily moments like walking the dog or taking part in sport more – activities that may seem mundane, but which we'd miss if we could no longer do them.

TOP 10 EVERYDAY MOMENTS PEOPLE WOULD MISS IF THEY COULD NO LONGER DO THEM

- Socialising (56%)
- Showering and bathing comfortably (55%)
- Driving (43%)
- Eating and drinking in a restaurant (34%)
- Sport and exercise (27%)
- Playing with kids (26%)
- Cooking (23%)
- Entertaining friends and family (22%)
- Working (16%)
- Food shopping (15%)
- Maintaining positive well-being

Small things can make a real difference to our well-being. Whether it's building time into the day to get out for a walk or spending time connecting with friends and family, maintaining positive well-being can help us live the lives we want to.

We all have mental health as well as physical health, and each can fluctuate over time. The two are closely linked, and changes in our physical health (such as a long-term illness) can impact on our mental health. Equally, mental health problems (such as depression or anxiety) can also affect our physical health, so it is important that we look after both to maintain our overall well-being. ■

Source data:

[1] 36,468,015.2 adults.

[2] 40% of UK adults.

[3] A health issue is defined as anything from an injury like a twisted ankle to more serious illnesses that need long-term medical treatment.

The research surveyed 4,062 people over the age of 16 and was commissioned by Bupa Health Clinics and carried out by Censuswide in June 2017.

TAKING CARE OF THE LITTLE THINGS

Being more aware of the great things health allows us to do means we're more likely to take care of the little things. Whether it's an injury that needs a physio's once over, an annoying cough that won't go away or a health concern that is keeping us awake with worry, these are all things that can, mostly temporarily, stop you enjoying the everyday activities if ignored.

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