

Lewis Hamilton

For this piece of work, I have chosen the celebrity Lewis Hamilton. Lewis Hamilton is famous for being in Formula 1. Lewis is currently aged 35 years. Two of the life stages I have written about Lewis have gone through is 9-18 years and 19-45. The other life stage, Lewis is soon to be going through.

I have decided to write about Lewis Hamilton because I am very interested in sports, so I picked him to see what his lifestyle was like when he was younger, and how much he practiced to become a formula 1 driver. I am also interested to know what his diet was like when he was younger to get into the position he is now, and how he still is very active to this day. Finding out what Lewis had gone through has made me realise that not everyone is going to be going through a great childhood, even when they are famous and well known.

9-18 years

Physical development

Wanting to become a F1 driver can affect Lewis physically because he would be training a lot and would be doing exercise to get himself in a good state of mind and he would become fit and healthy. When his father had left him it would have been a good thing for him to get out, and forget about what has happened in his past life. His family will feel happy that Lewis is going out and isn't sitting in the house doing nothing.

Being in a teenager would mean Lewis would start to go through puberty during this life stage. This includes growing in height, and their shoulders would start to widen. This means their appearance would start to change. Another way is their voice would start to break and it would become deeper, some people may find it funny when you start getting voice breaks and this may make them feel quite down about themselves even though every boy would go through it some point in their life. Boys can hit puberty at any time between 9 and 18 years, some boys go through it quite early and some boys later but that doesn't mean that they have something wrong, it is just that their bodies are not ready to go through it yet. Both boys and girls go through primary and secondary characteristics, for girls their ovulations and the boy's testis would start to enlarge. Boys would also start bulking themselves up and doing more exercise and eating more, some of the food is healthy but some of it is just unhealthy food. Having a good diet and lifestyle would affect growth and development because they wouldn't be overweight and eat loads of unhealthy foods. If you are overweight, it means that you wouldn't be able to do as much things and exercise, because you may not have all of the energy to be active. This would lead to people sitting in their house playing PlayStation or Xbox and eating unhealthy foods. When you are young it would mean that you would have to be active because when you get older and you start to do more things like going to the gym, it would be harder for your muscles to adapt to lifting weights and going on the treadmill. This is why when you are younger you need to be doing exercise. Being young, you would really like sweets and want to eat them most days. Being a child you don't really think about your diet and health, so if they eat sweets a few times a day it would be all right for their health. However, if they are eating loads of sweets and

then a takeaway that is really unhealthy. Having all of the sugars from the sweets may lead to the person getting diabetes. This would mean the child would have to reduce eating the amount of sugary things they are eating but they will also have to know how to control themselves from eating it. Another cause of diabetes is if Lewis eats too many carbohydrates his blood pressure would rise. This would mean if your blood sugars get too high, there might be a risk of you having a stroke or heart disease. Lewis would need to eat right because he is going to be doing exercise he would be losing lots of sugars and salts this means he would have to eat quite a lot of salty and sugary foods, and get them back into his body.

When Lewis starts secondary school it would be different from primary because you would have to walk around the school to your other classes. In PE it would be way harder because they would be challenging you to see what your ability is, you would also be learning more about the sports, e.g. in primary school you would be doing tag rugby but when you get to secondary school you would be doing contact rugby, this means they are going to be doing more exercise. The type of exercise Lewis does to be able to practice for a race is long distance running, this means he is using aerobic endurance. He uses long distance running because when you are in a car, you would be doing a long distance race meaning they would be using a lot of oxygen and nutrients, the red blood cells would then transport them to the muscles to help give them energy and it would help the muscles work. Lewis started to race when he was 8 years. He won the British Kart Championships when he was 10 years. Three years later he was signed up to a support programme. The support programme would help develop his skills when driving. Lewis was a role model to his friends and he is now a role model to everyone supporting his career.

Intellectual development

Becoming a F1 driver would help Lewis develop intellectually because he would have to start doing lessons about driving and about how to use the car. Lewis started to do racing when he was 8 years old. Lewis would need to be able to solve problems for racing because if something suddenly happened to the car, he would need to know what to do with it and get to the people that can help quickly, but safely at the same time. A skill Lewis would need to have with being in F1, is he would have to be able to control the car so he can quickly go round the track but won't crash in to someone or something. If Lewis' father had left him when Lewis was an older age, it would affect him intellectually because when he goes to school it may distract him. This would mean that he would struggle to learn and hold all of the information that he has learnt about in his brain.

Moving from primary to secondary would impact Lewis intellectually because they would be learning more things and the work would be more challenging. There would also be a wider range of subjects, which some of them wouldn't have been taught in primary. When Lewis gets into year 8 or year 9 it would mean he would have to start to choose his options for GCSE. This would mean Lewis would have to pick the subjects that he would need to get the career he wants, if it is becoming an F1 driver or something different. Lewis hasn't got any grades, however he has told a reporter that, "school was a time to mess about and have a kid's life to be normal". Messing around in school may have had an impact on getting grades because he wouldn't have learned anything. Lewis also mentioned that, racing helped make

school feel like an escape, if no one knew what he was achieving in racing. This shows that racing would have had a negative and positive impact on school work. Racing would have a positive impact because if no one knew about it, he wouldn't get asked so it would have made him concentrate more in school and all of his classes. However, racing could have a negative impact on him because he may start thinking about his racing and not listening to what he is learning about. Also, if lots of other children knew about his racing, they may start asking him questions which can be really distracting to him. When you are younger and you are doing something that not many people would be doing and there are competitions involved, it may make him feel like he should tell everyone at that point in time other than at break and lunch. This would make everyone distracted, which could have an impact on their own grades dropping. Lewis may get blamed for getting them a low grade as he was the one talking about something interesting.

As Lewis is getting older he may start to get some life problems thrown at him, and he would have to sort and solve them in the right way. This would help him because if the problem comes again it would mean he would know how to sort and work it out. Lewis' mum may start teaching him about some of the basic skills, cooking for himself, doing the washing, hovering the house etc. This is going to help Lewis get ready for when he moves into a house of his own and when he gets a relationship. Learning the basic skills can help any children between the ages 9-18 so they can learn about how to care and look after themselves when they get older.

Haemophilia is a medical condition which the ability of blood clot is severely reduced. The haemophilia gene means a child with it wouldn't have enough clotting factors in the blood. Haemophilia is a genetic problem; this is caused when the mother or the father has an extra X chromosome. If a woman with the extra X chromosome and an unaffected man has a baby, there's: one in four chances of having a unaffected baby boy, one in four chances of having a baby boy with haemophilia, one in four chances of having an unaffected baby girl and one in four chances of having a baby girl with an affected X chromosome. If the baby girl with an affected X chromosome has children, she can pass it on without having any of the symptoms herself. Males are mainly affected by haemophilia. Sometimes it can occur even if it isn't in the child's genes. Haemophilia is when, if someone cut themselves, it wouldn't be a little cut, it would end up being very severe because it would be bleeding a lot. Haemophilia can usually occur from someone's inherited genes. Haemophilia can mainly affect males., it means that certain parts of their body won't work as well as everyone else's. If someone had haemophilia and they would want to treat it, it would mean they would have to pay a lot of money for treatment, and some families may not be able to afford it. If you did have haemophilia, you may have to live near a hospital or therapy so if you do cut yourself you can be sorted quickly. People with haemophilia have a life expectancy of 10years, which is less than a healthy man. If Lewis had haemophilia, he may get home schooled because he may be at risk going to school just in case he does hurt himself and it becomes serious. Being home schooled can affect Lewis intellectually because he wouldn't be learning as much as everyone else who goes to school. Also it would be harder for his parents to get tutors for the subjects he would want to learn. Being home schooled would mean that you would have to get a tutor to teach you everything so you can

pass your exam. There is no evidence that Lewis' parents have haemophilia in their genes. Having haemophilia could be dangerous for Lewis when he is a F1 driver because if they ever had a crash and cut himself he would be losing a lot of blood. When you lose a lot of blood, you may start to feel faint and really sick. If this happened, he would have to get to the hospital really quickly so they can reduce the amount of blood he is losing.

Emotional development

Wanting to become a f1 driver would have a big impact on Lewis' life, it would help him develop in later life. When Lewis was 8 years he wanted to become an F1 driver, all his family and friends encouraged him to become one. Becoming an F1 driver can help Lewis to be proud of himself that he is doing something that can risk his life. F1 can help build up Lewis' self-esteem because he said "It has made me more confident as a driver and putting himself out into the world". It would have made Lewis feel happy because it was his dream and now in his later life he has managed to accomplish it, he would also feel some achievement for doing this.

When Lewis was younger his father had left him, his mum and his siblings, this may have made Lewis feel upset because he wouldn't have a father figure in his house. Lewis was raised up with his mother and his step-father until the age of 12. Lewis' dad came back to Lewis, but he was with a new woman. This may make Lewis feel different because he wouldn't have met his dad since he was 2 years old. As well as feeling sad that he would be leaving his mother because she was the one person she would be looking up to for his whole younger life, but he may have felt happy as he was going to start a new relationship with his dad and he would start to have the father figure. Lewis mum may feel worried because she is his mum and she wouldn't want her son to get hurt, as when his father left she never heard what happened to him. This may affect Lewis' future relationships because when he is older he may feel like whatever happened to his mum and dad, it may happen to him and his future wife/ girlfriend. Knowing what happened to Lewis' parents when he was younger may affect his future relationships because he may feel like I he meets someone, it wouldn't end up working with them. This would make him feel quite restricted on finding someone.

When Lewis was the age of 10, he started to do the British Kart Championship and won his first race. This is going to help Lewis emotionally because he would be starting to become more confident in himself. From 1998 to 2000 he won a European and world karting championships, and at the age of 15 he became the youngest ever driver to be ranked, this could put a lot of pressure on Lewis because he is very high up and he keeps improving more. Lewis started to earn money for F1 after his first ever race. This was before the age of 23. Some emotional effects, is that he may start getting anxiety and depression because he would start to go to races and he would be wanting to make himself and his family feel good, before any of the races happened Lewis would always be quite scared and worried and would put so much pressure on himself to do well. If Lewis didn't win the race he may start to feel sad because he didn't win it and it may make Lewis want to stop racing, this would make Lewis realise that if he doesn't win a race he would have to keep trying until he has won, this may take him a little while. By the age of 13 years he started to do the young

driving support program. He would start to build more relationships with his teacher and everyone else doing the program. If Lewis had a crash it may cause a life changing injury and would affect his life when he grows older. This may also cause Lewis to have depression as he wouldn't be able to carry on his dream, and do more races and win the cups. This may also cause Lewis to start self-harming himself. This will make his family feel worried about him.

If Lewis got diagnosed with Haemophilia he wouldn't be able to do much things, which could affect him in many ways. Lewis would have to be careful when racing because he may get a little cut which can lead to a severe injury. This would reduce the amount of sports or things he does. He can get affected emotionally because he wouldn't be that fit and active so it may put him in a bad state or a bad mind set about his life. His family will get affected because if he did get injured and a cut he would have to go to hospital to help reduce the bleeding. If he did have haemophilia it would cost a lot of money to get treatment and his mum and dad may not be able to afford it, and they wouldn't want to see their son not be able to have his dream come true.

When Lewis was younger, his family was quite wealthy. This means that if his school ever has a non-school uniform day he may have some good clothes, so he wouldn't feel like he is left out, however if Lewis family didn't have a lot of money when he was younger and they couldn't afford much things, Lewis may get bullied about. He may start to hate how his family are and himself. If there was ever a non-school uniform day and he would wear cheap clothes, most people around him would probably wear branded and expensive clothes, he would also feel quite isolated that he can't afford the really expensive clothes. People would make fun of him and he may never want to go to school again.

At the start of races Lewis would start to get anxiety because he would want to do well and make his mum proud. Having anxiety could make it hard for Lewis to talk about how he feels. If it gets worse Lewis may start to get worse he may start to get some depression. If this happens Lewis may go to a counsellor so they can help him overcome his anxiety and depression before he does a race. This would help him develop some more relationships with people.

Social development

Becoming a F1 driver would help Lewis socially because he would be moving around and meeting new people at his races. Due to this commitment, he may start to lose friends because he would be busy all of the time and wouldn't have time to go out with all of them. This may make his friends stop inviting him out anywhere and he may start to experience social isolation. However, he may start building up more relationships with them because they would feel like, as Lewis followed his dream they can do theirs. They may also get inspired and would want to attempt racing. When Lewis dad left him and his family, it would affect him socially, because he may want to keep everything to himself about the relationship between him and his dad. It may affect him in relationships, because he may have the fear that his relationship may not go well and he wouldn't be able to meet new people after the relationships. His mum may not want to tell anyone about what happened

between her and Lewis dad, it would also be quite difficult for his mum to tell Lewis why he hasn't got a father in the house, where he had gone and what the relationship between them was like. It would also be harder for his mum to start meeting new people knowing that Lewis' dad may come back and wonder why she has a new man. When Lewis' father came back it would affect him because he wouldn't have seen him since he was really little, so he may not be able to recognise him. Lewis would have to learn to build another relationship with his father. He may find it harder to build a relationship with him because he would have to find trust within his father, and would also need to know that his father will not leave him again.

Becoming a F1 driver would have a good effect on Lewis as when he does a race he could go into his school and tell his class about how he entered a racing competition and if he won or lost but he tried hard, and not many people would go out and do that sort of thing. By his family being quite wealthy it provided Lewis with the experience of getting into this sport which is quite expensive when considering all of the equipment that is needed. This gave him an opportunity that perhaps others his age wouldn't have had.

Speaking about racing to other people would help improve Lewis' confidence and he would start to be proud about what he does outside of school. At school Lewis may get bullied because his dad has left him, this would also mean he wouldn't be able to learn and wouldn't want to come into school. Lewis may get bullied about it because he wouldn't have a father figure in his house when everyone at his school is. People may tell Lewis that it was his fault his father left him and his family, as when he left Lewis was only a baby. This may make it harder for Lewis' mother to reassure him that his father didn't leave their family because of him.

Being an age between 9-18, you would be starting a college, get your GCSE's and you would be meeting new teachers and making new friends. Having new teachers would mean, that Lewis would be making new relationships so he can realise that he can tell them anything that is happening outside and inside school. Lewis may also start to become close with girls, this may be because he finds it easier to talk to girls more than boys, and he may be able to tell them things he has never told anyone. He would also build a closer relationship with someone. This may lead to them dating and this would help because they would be going out more and meeting each other's family.

If Lewis had haemophilia it would affect him socially because if Lewis ever wanted to go out anywhere by himself, he would have to be very careful about what he does because if he fell over and cut himself it would end up being a severe injury and if his mum wasn't close to where he was out he would be in danger and would be at risk of losing so much blood and his friends may not know what they have to do. This would reduce Lewis to be able to go out with his mates and socialise and have fun with his mates.

19-45

Physical development

Being in the middle adulthood life stage Lewis may get osteoporosis. Osteoporosis is a medical condition, where the bones become brittle and fragile from the loss of tissue in your body. This usually happens because of hormonal change or a deficiency of calcium or vitamin D. Becoming a formula one driver means Lewis would be fitter than any other adults, because he would be doing lots more exercise. Doing lots of exercise when you are older will help you not be at risk of breaking any bones as they are stronger, if you have weak bones, that would mean you would have to be careful of what you do because it may be easier to pull a muscle or a ligament.

Once you have become an adult you would start to get changes in your body. Boys would be at their full height, their shoulders would start to broaden out, they would start to become more hormonal, meaning they will become more fertile. At the end of the 19-45 life stage, Lewis may have to stop training and competing as often as he was when he was younger because he is starting to become older and weaker towards the end of this lifestage, also some of his reactions will be slower than they were when they were younger meaning he may become a danger to himself and others when driving. However even though Lewis was getting old it doesn't mean he would have to stop doing things and sitting at his house, he could go out for a walk, bike ride etc. It is important that Lewis goes out regularly because he still needs to have some sun to his body because it will give him vitamin D. This would change his appearance.

If Lewis had Haemophilia it would be harder for him to go out, because Lewis is getting older it means that if he loses too much blood it may make him have to stay in a hospice so he can get all of the care he needs. This would also affect Lewis' health, he may not get the freedom to go out, buy food, go to a restaurant because he would be at risk.

Earlier this year he mentioned that he suffers from a health problem that can trouble many other men. Lewis started to have hair loss. Recently he started to lose more hair than he did before. When Lewis started to realise he was losing so much hair, he went to a specialist. They said he needed to start to take more care of his hair. Having hair loss can also start to happen when you have a lot of stressful things going on. Hair loss can also get known as alopecia areata. Lewis was quite self-conscious about himself because he didn't want to go to competition and everyone seeing him with hair loss. The medical condition hair loss is also known as alopecia or baldness.

Intellectual development

At this life stage Lewis would have gone to school, maybe gone to university, driving a car and starting a job. However, Lewis after finishing college he started to focus more on his racing than his education. Lewis didn't go to university. This would have an impact on him because if he had to suddenly stop F1 he may not be able to get a good well-paid job. This is because the majority of well paid jobs, want a qualification and would want you to go to university, to learn everything you need to learn. Not going to university could also mean he

wouldn't have as much options open when he leaves F1. Even though Lewis didn't go to university, he would always be learning something new every day, like how to take care of himself for his future. He may also come across some maths and science questions because of his job/ race.

Earning lots of money whilst racing would mean Lewis would have to learn how to save it so when he desperately need it. Starting to save his money early in his life would mean he would he would be able to get a house and a car when he is older.

Emotional development

In this life stage Lewis may get a girlfriend move into a house together, may start a family and get married. However, being in F1 it may make it harder to build relationships, because he would be traveling around the world to compete all of the time and it just wouldn't be fair for her. However even though he doesn't have much time to have a girlfriend or wife he still really wants to have children. Relationships can affect Lewis emotionally because they may be going through something that is really good in their life or a really rough time. They may start to make a family or they could be going through some relationship problems.

Becoming older may mean that Lewis would have to do less racing, this can affect him because he has been doing it since he was younger and when he stops it would make him feel like he is missing something in his life. He may also be quite happy, because he was able to pursue his dream when he was younger. He may not see the people he met in all of his competitions that much because he may be reducing the amount of practice and racing his is doing, he may not be in touch with them or he could be retired. However, even if he is retired he would still be able to meet up and they would be able to remember everything they did together. This would be emotional because they would be remembering the good times they had when they were younger. For a F1 driver, there is no age restriction for when they should retire. Research says that you could drive until the age of 88 years. However the majority of F1 drivers are 26 years old and oldest ever F1 driver is 58 so this would mean that moving through this life stage could be the peak of his career and potentially the end.

Winning a race can make Lewis have a high self-esteem because he would feel like he can achieve and do well in all of the races and competitions he does. However, his self-esteem may drop if he loses because it may make him feel like he has embarrassed and let all of everyone who wanted him to do well down. But losing a race may make Lewis want to try harder and work harder to win. Earning a lot of money would have an impact on Lewis because he may not want to show it off and make everyone feel upset that they don't earn much money. It would also make Lewis feel secure because if anything ever happened to him he would know he has money to be able to live on until he gets a job. However, Lewis has donated a lot of his money to the fires in Australia, this also shows that he has a kind caring heart and he doesn't want to spend all of his money on something useless he wants to spend it on something that will change someone or something life. This may, make Lewis feel like he has done something worth it and he has helped Australia loads. Lewis would feel contented because the amount of animals which have suffered and died from the fire needs to get saved so he has helped save them. Donating the money to Australia will make Lewis

feel like he has done something good for the country. Raising and donating money may encourage all of his fans to donate some money. After donating money to Australia, Lewis may continue giving money to different charities or help other countries. As Lewis gets older, he will remember that he did an act of kindness to Australia to save all of the animals which are suffering. Winning a race can make Lewis have a high self-esteem because he would feel like he can achieve and do well in all of his races and competitions he does. However, his self-esteem may drop if he loses because it may make him feel like he has embarrassed himself in front of everyone who has wanted him to do well and supporting him. But losing a race may make Lewis want to try harder and work on winning.

If Lewis ever lost a race, he wouldn't feel that upset, because he would have learned that not all of the time you are going to win and bring a medal back, also he would have many other trophies and medals from all of his other competitions. Not winning anything may make Lewis work harder on racing so then he can improve. However, he would still be happy for everyone else. Lewis would have also grown up with not always winning so it has made him not feel sad about losing. Lewis may also feel a lot of pressure because everyone knows how good he is and how he usually is on the podium. This may make him feel like he has to do the best he can because if not he thinks he would disappoint everyone who was cheering him on and hoping for him to do well.

Social development

In this life stage, Lewis would still be meeting new people and building up relationships. At all of his competitions, he would be making new friends and meeting loads of other people that he is competing against. This would be good because before a race he can tell them good luck and make them feel like they have the support from someone who they have just met and who they are competing against, not many people would be able to be that upfront just after meeting them.

Lewis may also be meeting women, so they would build a connection and they would be able to tell each other a lot of things, that they wouldn't tell anyone. Having a girlfriend would mean Lewis would have to make sure he can trust the girl with everything he tells her but also he needs to be able to show her that she will be able to tell him and he wouldn't tell anyone unless she wants him to. In this life stage Lewis may get engaged, start building a family and move into a house. This means he would be more social because at a wedding, they would both be inviting their family and friends. This would mean they would be building relationships with them. If they have children, they may take them to a baby group, nursery, preschools, etc. They would be meeting parents with children the same age as his. The other parents can help support Lewis and his girlfriend because they are new and first parents. After having a child, Lewis' wife may need someone to talk to about the whole experience. You may also start to meet the girl's friends so you would start to be friends with them and he would be more social.

Due to training lots it would make it harder for Lewis to have a better social life because if he wants to get better he would have to practice more. If a competition was coming up Lewis would be focusing more on his driving than going out with his mates. This may make

his friends stop inviting him out because they may think that all Lewis would want to do is race. However, some of his friends would be respectful and would let him practice so he can win. Sometimes Lewis will go out, so this will help make his friends realise that even though he does focus on racing he can still go out and have some fun with them. The last girlfriend Lewis had was Nicki Minaj. Reporters say they had been dating ever since the Fashion Week in New York, and they have also been on holiday to Dubai together

At Lewis' old school if he had to read out loud a lot and talk in front of people it would help him be more confident. This would also help because he is quite famous and when some reporters interview him he would be able to tell them a lot about himself, his life and his racing career. Being famous would help Lewis build a social relationship with the public, because if he was ever out somewhere and someone sees him, and they are massive fans of him, they may ask him questions and he would reply back to them. On social media, he may ask people to ask him some questions. Some of the questions people may ask him are about what his life was like when he was younger, what it feels like when he is racing. Lewis may also help some of his biggest fans be friends and start to talk to each other, because they will be able to interact with people who like Lewis Hamilton. Yes, I know this can be dangerous because you could be talking to someone who says they are young when they are really an older person, but at their school they may find someone who does have the same interest as them and it would also be much safer.

If Lewis had a loss of a family member, he may not go out and tell the whole world about it because even though he is famous it doesn't mean he has to tell everyone about what has happened and if he does then he can tell them but then he doesn't if he doesn't have to. If anyone ever asked him what happened and they force him to say it he can speak up and tell them no and maybe tell everyone in a years' time or later on from the time it happened. The age Lewis is now, he hasn't lost any family members, but as he gets older, and his family gets older this may start to occur.

Recently Lewis has been building up a relationship with his father after he left. This is because Lewis would need to make sure his father wouldn't leave him again and he would need to build up trust again with him. If Lewis' father had a girlfriend/ wife, Lewis would have to be able to make a small relationship with her because he would be living in the same house as her and it would be really awkward. Even though she isn't his mum he is going to need to be able to be nice to her, even if he didn't like her. When Lewis father left him and his family it will have a negative impact on building relationships, but it would also make a positive impact, because Lewis would try and not do what his father did to him, by that I mean leaving his wife /girlfriend and his new family he has made.

65+

Physical development

At this life stage, Lewis would be reducing the amount of exercise he is doing and he wouldn't be racing that much, if at all. He may become retired of racing and maybe just do it as a hobby from time to time. This would mean he wouldn't be as active. There is a downside of not being able to race and practice because it would mean he may start to get

fragile bones. Being in the older age his muscles, joints and bones will become more brittle and he may start to find general mobility difficult, and if he suddenly does something weight bearing it could cause a damage to the bone or ligaments. However, to be less at risk, he would need to keep doing things, going out for walks etc.

Your appearance would start to change physically, because you would start to get grey hairs, you would also start to get hair loss, this would mean for Lewis that he would be bald and wouldn't have the odd bit of hair because of when he was younger he didn't treat his hair with care, and was losing a lot of it. Another appearance change man shrink 1 inches and women shrink 2 inches; they would also gain a lot of weight due to the inactive lifestyle. You would be getting more wrinkles and you may start to get an arched back which can also cause shrinking. Some people would start to loose elasticity and become loosened.

Becoming older, Lewis would start to have a slower reaction time, this means when something is happening it would take him a little while to be able to work out that he needs to get to a safe place quickly. However, Lewis may have a faster reaction time than other people that are the same age as them because of his job. If an incident ever did happen and he needs to get out to a safe place he would have to move fast, however when you get older you would have a loss of muscles and strength. This can affect him because he would be a lot slower. Being slower in a very dangerous incident may cause an injury or may lead to deaths. Being above the age of 65+ means their immune system may not fight illnesses as well as it did when he was younger, this would mean he would start to catch illnesses quicker than he did. If Lewis had a low immune system, he would have to try and not get the bigger illnesses because this could lead him to go to hospital. Any of the smallest illness can affect someone with a low immune can affect them more than it does when someone else has it. This can be a cold, sickness bugs, and more. If the illness or disease kills people with a good immune system, they would most likely die as soon as they get it.

Getting older would mean their senses would start to weaken. An example of this is they would start to struggle to hear things, and they would ask you to speak up. If this happens they should go to the doctors to get their ears checked to see if they need hearing aids. As soon as they get them on they would start to hear clearer. Another example is sight; this would mean if they are reading a book they would have the book closer to their face. A way to notice if an elderly is losing their sight is they would start to squint. If an Elderly start to not be able to see things up close to their face or in big writing, they may have to go to the opticians and get glasses to help them see the rest of the world before they do pass away. It is better for them to watch the world go by for the amount of time left of their life, because they wouldn't want to spend it sitting down and everything being blurry. When Lewis was younger, he did lots of exercise and was really healthy, he would have a really strong heart. Having a strong heart can help reduce the risk of getting heart problems, like heart disease. To keep having a strong and well heart, Lewis can keep active and eat the right amount and types of foods.

If Lewis had haemophilia it would be harder for him to do things at this life stage because he wouldn't want to do something and then fall and cut themselves. this would mean Lewis wouldn't want to go out and do anything. Having haemophilia when you are elderly, it may

mean you would get osteoporosis. Osteoporosis is when your bones become brittle and weak, this would make it easier for your bones to break. This would affect elderly's because they wouldn't be doing much exercises so their muscles and bones would be weak. If they ever had a fall it may be easier for them to break their bones and muscles. Having haemophilia is dangerous for an elderly because when they cut themselves they are going to be losing lots of red blood cells. Red blood cells carry the oxygenated blood around the body. Red blood cells deliver oxygen to the muscles to make them work. So if Lewis falls and cuts himself and he is on his own, it may mean he would find it harder to get up and call for someone because the oxygen wouldn't be going around the body to make the muscles work. This may cause Lewis to go in a shock.

Intellectual development

Getting older means you would start to forget things easily, even if that means you have only just learned or got told it, like when someone tells you to meet them the next day at a certain time they may forget about it. When you are older you may need to start to get reminded things, so then it can get stuck in your head. A lot of adults would go through this and it isn't just men, it can be women as well. Lewis would be expected to experience similar things as he gets older.

Lewis may start to retire from his job, if he hasn't done so already. This wouldn't help his ability to remember because he wouldn't get set problems on a daily basis and therefore not use his brain as much. This means he would have a decline in memory, meaning he would have forgot the best of times he has made with his family. The illness this is related to is memory loss and can be known as dementia. Dementia is a long-term disease and condition when someone has a decline in memory, language, problem solving and also you would have a slow reaction time to do things. When something dangerous is happening it may take that person a little while to realise that they need to get to a safe place immediately. People can get dementia when they are 65+ plus, so in this life stage, but people a younger age can develop it. Another illness people can develop is Alzheimer's, this is a brain disorder, where you can't process thoughts or remember things. You may not be able to remember memories, but you also would stop keeping yourself clean and healthy, meaning you may forget they need to feed themselves or have a shower. People the age 60+ can start to get these symptoms. If you or anyone you know has a relative or a close friend which is 60+ and they are forgetting to keep themselves clean, call a doctor and ask them for help, maybe go in and help them or get a carer to do it. A good way to help them look after themselves, is to get a whiteboard and write the things they need to do on it and this may encourage them to do it.

Retiring from your job when you are older may mean that they may start to learn new hobbies and start to go out and volunteer at schools, library's, charity shops, etc. This would help improve the way they spend their time, so they won't get bored. Being in the racing industry, the retirement age is younger than many other jobs. This may mean that Lewis would stop racing when he is in the middle adulthood life stage. But having to retire early would mean that Lewis wouldn't have to go out and practise everyday, so he wouldn't be thinking about what to do and how to overcome something. If Lewis never did anything

after retiring, he would start to lose mobility in things he does and he would find it harder to do the easy things. Sitting in your house not doing anything would mean that Lewis wouldn't be learning things and he would start to forget how to do things. job

If they get asked a question it may take a little while to answer even though they know what the answer is. The reason why it would take a little time is because their speed of thinking would start to decline and they would think the answer is wrong, or they just wouldn't know how to answer it, even though in their brain all of the information is contained and stored.

Emotional development

At this life stage they may start to get emotional because as you get older you may start to worry about how they may get very ill or when their family members leave they would be lonely or if you get ill yourself whether you will need to rely on someone else to take care of you. If their family leaves to have their own life, the person may start to worry about whether they would be able to stay and live alone, or whether they would have to move to a care home so they can get the suitable amount of care if they are ill. Earning lots of money when he was younger, means that he would be able to afford to go to a care home or would be able to afford to have a carer to come to his house and help him do the most important thing to take care of yourself, like cooking food, having showers/ baths, get changed etc. However, if he didn't have a lot of money then it would be harder to afford to go to a care home and to have a carer come to his house.

Becoming older also means that some of the people they have met in the whole life may pass away, this would be quite emotional because they have made loads of memory's. Elderly may become quite depressed because when they are losing loads of people that are really important they may not be able to express their feelings and they may be down for the rest of their life.

If Lewis got diagnosed with anything, in his later life, it would affect him emotionally because if not it may cause him to die earlier. It would also put a lot of pressure on the person because they would want to be very careful with everything they do and eat. If they suddenly become really ill then they would have to go to the doctors to get checked, this may lead to them moving into a care home so they can get looked after and if anything happened they would always be there for the people in the home.

Social development

At this life stage people may start to lose contact with the most important and valuable people in their life, because they would be getting older and may have to go away somewhere to get looked after someone if they really need help. Also as you get older you may start to slow down and may become ill. Getting a serious illness could lead to them passing away. However, they may also start to have contact with people they haven't spoken to for ages or someone in their family, who they didn't even know they had. Having someone to talk to is good for older people as they can talk to you about what they have done over the weekend or what they are doing.

Also, your children may start to leave you to go and make their own family. This means they would leave Lewis and will make him feel quite isolated because he wouldn't have anyone to talk to even though he would likely become a grandfather and develop new relationships with his grandchildren. This could develop a level of contentment as when we form positive relationships it makes us feel good and by Lewis seeing his grandchildren grow up it forms a special bond. Lewis would also be sharing stories to his grandchildren about his racing career when he was younger and what his time was like when he was younger, then his grandchild would tell everyone in his future family about how amazing his grandfather was. This could build a best friend relationship with his grandchild and they would do everything together. This would help Lewis also develop his social skills.

If Lewis carried going out to the shops, etc. he may meet new people or he may see the old people he was friend with. This is what many people do when they are elderly, because if not they would be staying at home alone, not doing anything.

However due to loss of mobility and likelihood of illness it may make going out difficult. This may make them feel really lonely because they would have no one there for them and Lewis may become socially isolated. However as you get older, your bones would become weak and they may find it harder to be out for a long time. This would reduce the amount of times he can go out and go shopping, then stop to speak to someone they know. Not having anyone to talk to would mean, if something happened to them, like if they had a fall, they wouldn't have anyone to call because they wouldn't have a relationship with people to be able to call them, this would be very dangerous for the person that fell, because if they didn't tell anyone that happened, they may be stuck in a place and not be able to move, until someone realises that something has happened to them.

As you get older you may get put in a care home or go to one and due to his economic wealth he wouldn't be worried about not getting the care he needs as he will be able to afford it. This would help make your social skills stronger as you would be mixing and interacting with people who could or is in the same position as he is.

Economic Factors – Income and Wealth

9-18

Whilst Lewis was growing up his family didn't have a lot of money. Lewis grew up in a 3 bedroom council house in Stevenage. Lewis lived with his mum Carmen Larbelistier, Samantha Lockhart, Nicola Lockhart. When Lewis got older, he moved in with his dad Anthony Hamilton, Nicolas Hamilton and his Step-mum Linda Hamilton. Lewis moved in with his father at the age of 12, the reason for this is because he always asked his father to visit him. His father became his coach/manager, so living with him would make it easier for him to learn more for racing. Growing up with not much money could mean that Lewis and his siblings may not be able to attend out of school clubs; this would affect their social skills and developing new skills that the clubs are offering. Not having a lot of money could mean that they may not be able to go on school trips, get new clothes or join in with social events with friends, they would use their money for basic essentials for food, clothes and paying bills. However, Lewis was able to get into F1 driving. When Lewis was 6 his Dad bought him a

remote controlled cars and Lewis was runner up in a national racing championship. When this happened his Dad wondered whether his talents and skills would transfer to full size motor sport where Lewis then began this at 8 years of age. His Dad worked to ensure that Lewis could attend events and competitions by using his wages to get him there and support his talent. Lewis won the British karting championship when he was just 10. At 13 he was signed to the McLaren Driver Development and the youngest F1 driver. Due to his winning helped generate money for him to be able to continue his hobby/possible future career. Growing up with not a lot of money impacted Lewis with not being able to experience out of school clubs and having items that his friends may have had. Lewis would have been keen to try his hardest at school to get good grades to be able to live a better life than what he grew up with. As Lewis began to earn money through racing he could have brought things, that his family wouldn't have been able to afford. This then meant he had money to be able to use to also extend his career by being able to pay to travel to more competitions or buy needed safety clothing and accessories to help him. He would have struggled to do these things in the start and relying on his parents meant that he didn't always go to every competition as money made this difficult.

19-45

As Lewis got older he got into the racing industry and earned a good amount of money compared to what he had when he was younger. This may have made him feel happy because whilst growing up he may have not got the latest phone or expensive branded clothes, and now that he has all of this money he can spend it on items that he wants. He easily can afford basic essentials such as food, clothes and self-care products that is what his parents did to manage their income and bills as Lewis was growing up. Therefore his management of money may be very good and he may not be as wasteful with his money and would have less money worries as his parents did. Earning a good amount of money from his racing career may make Lewis' siblings jealous, as they may not earn as much money from their job as he does. This may cause relationship problems between them, such as resentment and may make them compare themselves against Lewis. Lewis is able to afford his own house, this means he would not have to rely on the council for a house like he did when he was growing up. This means he can choose, where he lives, the size of the house, the style of the house. This income may make Lewis feel secure and contented as he is successful and has experienced achievement by earning for the nice things he has in life. Earning money and having a wealthy lifestyle meant Lewis was able to provide for himself and his family. He was able to save and put money into a pension for when he retires which means he will have even less money worries in the next life stage. As Lewis will retire at an early age in his career he will not have to get a new job as he will have money, and he would have invest money into his house and other savings.

65+

Earning a large amount money in the previous life stage, would mean as Lewis gets older he would not have to worry about affording essential items and care like his parents did when he was younger. Having money gives security to know that if he ever needed it for a carer, care home or if he ever got ill and needed a treatment he could have it done privately. If

Lewis didn't earn the money from his career he would feel dependent on others for the care he needed or would have to wait for NHS treatment if needed. If Lewis ever had grandchildren he could give some money to them and he can also leave his precious possessions to his most loved ones. By having money he can move to a house or bungalow which would be suitable as he gets older and his health and well being changes. If Lewis has physical difficulties such as a bad back and weakness of muscles he may struggle going up and down the stairs, so he would be able to afford a bungalow. As Lewis would have earned a large amount of money in the life stage before he wouldn't really have to worry about how much money he has in this life stage, to either move into a care home or to get someone or something to help with his specific needs. He would gain an income from his pension. This means that Lewis would have the security of his house and lead a lifestyle that he chooses such as travelling etc. It also means in his older age he will be able to pay for private healthcare to stay in good shape and fitness.

Physical Factors

Appearance

9-18

In this life stage both boys and girl's appearance starts to change because of puberty. Boys get taller, their shoulders widen, they become muscular, their voices deepen, etc. Girls start to grow breasts, get their period, hips start to widen, etc. Both boys and girls will get some acne on their face and they will also start growing pubic hair. Everyone will go through puberty between the ages 9-18. Going through puberty may affect Lewis emotionally because he may go through it really early or really late. Going through puberty late may make Lewis feel different to all of his friends if they have gone through it because it shows that they are growing up. Lots of teenagers become more self-conscious around their appearance during this time as puberty can cause this to change. As said, it is likely Lewis may start to get taller and develop more of a muscular appearance which will benefit his F1 driving and may boost his self-confidence if he is happy with his appearance. However, people start to compare themselves to models and people on social media as they think they are perfect. Lewis may have compared himself to other F1 driver's statue and appearance to compare whether he fits in with the same profile especially as he becomes more well known and starts appearing in the media himself. This could lead to Lewis having negative thoughts on his body and low self-esteem especially if he does not develop until later on. People who compare themselves may have got depression. During this time, Lewis would not be as affected until later in this life stage as his body hit puberty and began to change along with others of his age. As Lewis was only in the starting point of his career, only his school friends and team members knew of him. Lewis was not experiencing hair loss through this stage, which was a big impact on his appearance in the 19-45 life stage.

19-45

In this life stage, Lewis started to get hair loss. Every man will get hair loss at this age or older. As Lewis was losing so much hair he went to a specialist and told him he needed to start using better shampoo and conditioner than he was using, because Lewis travels and

stays in hotels it was thought that the cheap shampoo and hair products was the cause of this. During this life stage many factors can cause stress which may also have linked to Lewis' hair loss.. Lewis's racing , hours of training and his family relationships would have caused stress. After having hair loss, Lewis became self-conscious and didn't want to race, as he didn't like what he looked like. He knew that as a famous figure, newspapers and media would regularly photograph him. Lewis has suffered with depression and he recently said that he wanted to stop racing. He has changed his diet to a vegan as it made him happier that he wasn't a hurting animal, feeling happier in himself will boost his self esteem. Keeping up physical exercise through this life stage has helped Lewis to maintain a healthy weight and diet, making sure he is physically able to do his racing and by being physical fit has helped his appearance. Now he is feeling much happier in himself he accepts his appearance and no longer feel self conscious about it. In this life stage Lewis would be affected more by his appearance, than in the other two life stages. This is because during this time, he is a well-known celebrity and is in the spotlight where reporters and fans can give positive, negative and critical opinions on the way he looks.

65+

When Lewis reaching this life stage he may find it more difficult to do physical exercises as when you get older your bones and muscles becomes weaker and can not achieve the same physical level as what he can could do in the younger life stages, and although you can do exercise it is not as intense. By doing less exercise it can cause weight gain which may make Lewis feel negative about his body especially as most of his life he has been fit for his driving. This also may make him not want to socialise with others and he would find tasks difficult to do.

As Lewis has already experienced some hair loss in his younger years, it will more likely happen further as he gets older. Hair loss and thinning of hair is common to many in this age factor. He may find this difficult to accept and may not like his appearance, as he will still be a well known famous person as he is older. Getting older can cause you to lose height and your back begins to arch, this may make Lewis feel conscious of his body and posture. Lewis would start to get wrinkles as he ages, this happens because your skin starts to loose elasticity and make his skin loosen. Having wrinkles may make Lewis feel self-conscious and want to get rid of the wrinkles. However also being a F1 driver for so many years he would have generated a good income and Lewis may use this money on his appearance to maintain a much better/younger look to help with his self image. In this life stage, Lewis would not have to worry about his appearance as he would have lots of money from his career to spend on his health, fitness, surgery, looks and hair. He would also be less in the spotlight regularly as his racing career would have stopped, but he would still be a famous figure who would open and talk at events.

Physical Factors

Diet

9-18

Whilst growing up diet is important for your health because if Lewis never ate anything healthy it may affect him when he gets older. However, because Lewis wanted to be a F1 driver from an early age, he would have all ready started to be healthy to help him when doing his racing. Having a healthy diet will help him from being less likely to have high blood pressure, have a stroke or a heart attack, becoming overweight or obese, etc. Being a sportsman or doing a sport would mean you would have to keep practicing to be in shape for whatever sports you are doing. To get Lewis in a good shape for racing, he would be practicing his aerobic endurance, so he would be doing long distance running. With everything that had happened with Lewis' dad leaving, doing sports would help him focus on something different. Being in the stage 9-18 children in this time period would be getting social media, however I am not sure whether Lewis had it whilst he was growing up. Social media can have some positive impacts and some negative impacts. Social media may have an affect on Lewis about his own appearance and self-esteem because there are people who Photoshop their pictures to make them look perfect. Another negative thing about social media is that it could distract his sleep, so he would be tired the next day. Not having much sleep can affect Lewis and any other teenagers, as their brain won't be able to focus properly. This will affect the intellectual development, as they wont be able to learn things. A few good things is that you can message your friends, so Lewis will be able to keep in touch with them especially as a lot of his time will be taken up with training for F1, he can also post pictures to make memories with his friends. Having a healthy diet while growing up is important for Lewis' as it will give his body energy to keep active throughout the day and nutrients needed for growth and repair and to prevent diet related illnesses. Having a good diet when Lewis was in this life stage means that he would be less at risk from getting a chronic disease when he is older, and if he ever got ill, his body would be healthy enough to fight off any illnesses that he gets diagnosed with. His career was just taking off in this life stage which means this would have been an important part of his lifestyle.

19-45

If Lewis was overweight he will be more at risk to getting illnesses like high blood pressure, diabetes, stroke, heart disease and cancer. Being overweight can also lead to you having a low life expectancy and you will find it harder to do certain things like exercise. As Lewis is in the racing industry, he is doing a lot of exercise, so he will be getting more energy so he will be able to do more things with out getting tired. As Lewis started F1 driving at a younger age he would have got himself into a good routine and maintained a healthy diet and lifestyle into this life stage. Doing exercise can help you emotionally because if something is going on at home or at work, it can help stop you from thinking about whatever's happening. It is scientifically proven that doing dome sort of sports or exercise can make you happier. The governments recommendations for adults between the ages 19-64, is to do 30 minutes of exercise five times a week. Lewis says that even though he is going out more and drinking more alcohol now he is in this life stage, he is still doing racing and making sure that he is sensible. Drinking a lot of alcohol can have some negative affects on you physically because alcohol can damage your organs. When drinking lots of alcohol you can get more weight and also you may start to depend on alcohol, because you think you are going to be happier. Being addicted to alcohol means that if you ever don't have any you could get really

aggressive as you feel like you need it. The government guidance for drinking alcohol is that men and women should not have more than 14 units. Lewis' diet through his first life stage and up until recently has been a meat and dairy based diet. He recognised having this diet, was making him feel groggy whilst waking up, have mood swings and his energy levels would increase and decrease throughout the day. He also suffered from having stomach problems and a swollen stomach, but he thought it was normal. Lewis changed his diet to be plant-based, eating only vegetables and fruits, and staying away from foods produced by animals. Changing to a plant-based diet has helped Lewis have more energy throughout the day, he has had better sleep, his skin has cleared up and he feels more productive which has had a positive impact on his driving. Due to Lewis having a healthy diet when he was younger and keeping it in this life stage, means that he wouldn't be as likely to get really ill, but may get a common illness which would be able to fight off easily compared, to if Lewis was overweight and his body would struggle to fight it. As he got into good routine it is likely it would continue throughout his career as his understanding would be good. Once his career starts to move to the end Lewis may relax on his diet as it wouldn't impact his career anymore. This may cause his to gain weight rapidly as he has been so active and had a strict diet for so long it would be a big change. His healthy diet has led to a positive self image that is important to him as he is in the media a lot and also needs good health.

65+

When you are 65+, you need to have a healthy diet so your immune system can keep strengthening so it can help fight off and overcome all of the illnesses that you get. The nutrition in a healthy diet is important for seniors and it can help the muscles and bones so they can get stronger so if you ever have a fall you may not hurt yourself as much. At this life stage, Lewis would be reducing the amount of exercise he is doing and he wouldn't be racing that much, if at all. He may retire in his career of racing and maybe just do it as a hobby from time to time. This would mean he wouldn't be as active. There is a downside of not being able to race and practice because it would mean he may start to get fragile bones. Being in the older age his muscles, joints and bones will become more brittle and he may start to find general mobility difficult, and if he suddenly does something weight bearing it could cause a damage to the bone or ligaments. To prevent his muscles and bones from weakening having a balanced diet is very important. For healthy and strong muscles and bones he will need to eat a diet which includes, calcium, which will help his bones and teeth stay strong and rigid, vitamin D, which will help his body to absorb calcium and protein, for muscle strength. Along side a healthy diet, Lewis would need to keep active. We can assume that as Lewis has spent a large proportion of his life being an F1 driver which has been successful he will know how to maintain a healthy lifestyle and diet that he is likely to continue to do in his old age to look after himself. His younger years and career choice would have taught him the importance meaning he is more likely to be healthy in this life stage. Now he is no longer racing he will have a lot more time on his hands and he may take up new hobbies to fulfil his positive self image and keep mobile. In this life stage, it is important for Lewis to keep a healthy diet so if he gets an illness then his body can fight it off. As Lewis is in the older life stage, he will be more vulnerable to diseases and illnesses that his body would have to fight harder to recover from.

Social Factors – personal relationships

9-18

Whilst growing up, Lewis' father left him and his family. This may have affected him building relationships and friendships, Lewis may feel different going to school as there may be children with both parents still living with them and he doesn't and may not want to tell anyone about why his father has left. If anyone ever found out about Lewis' father leaving, they could either be really kind and supportive, and talk to him about it if he wanted to or they could make fun of him and say that it was his fault that his father had left the family. This may make Lewis feel quite emotional, but he may also feel isolated, as he would think that he couldn't tell anyone anything because they will just make fun of him and his trust with others had broken this may have impacted him to form close friendships. Lewis may feel anger towards his Dad for leaving him and no longer being around to support him. This caused Lewis some stress and loss of confidence.

Lewis may have looked up to other males in the family like an uncle, as a father figure. As Lewis' mum started to date a new man, Lewis had to begin to build a new relationship so he can put his trust in him and hope that he would not abandon him like his biological father. He may have found this a difficult process; however he may have felt positive that he had a father figure in his life or he may have felt angry with his mother for moving on. Having a father figure in Lewis' home would mean that he would look up to him, follow the lead of his father and find out new information. Having a father figure would encourage Lewis to be a father figure that he had never had. Developing relationships in this life stage would be difficult and impact him to have trust and belief that the individual's around him would be there to support him and not leave him feeling abandoned. As this was the life stage that this occurred, Lewis may have struggled to accept what had happened at first but as his Dad started to support him with his driving and taking him to races etc. Lewis started to feel valued by his Dad and able to build a positive relationship.

19-45

In this life stage Lewis has had many intimate relationships with well know celebrities, but these have never moved on to them getting married, moving in together and having children. This could be because Lewis may have trouble to build trust and have long-term commitment, with them because of what happened in his childhood with his father leaving him and his family and witnessing his parents' marriage breaking down. In his relationships, Lewis may have possessive behaviours and maybe quite controlling, because he may not want them to meet or find any other relationships. Lewis has said that racing takes up a lot of his time so finds it hard to commit to both. At Lewis' racing events, he will meet other people who will share the same interest as him; this may develop close friendships, which will hopefully last. As Lewis is a famous figure he is always in the spotlight and his relationships and friendships will always be watched and posted in the media. Having close friendships through this life stage is important, as it will give Lewis people to talk to and be sociable with, and help him maintain positive self-esteem. Having different intimate relationships in this life stage may remind him of how he was growing up, without a father,

and his parents meeting other people. If Lewis leaves the relationship with someone, he may feel upset and would know what the other person would be feeling, as when his father left, he would have had known how his mother had been feeling, and how he felt during this period of time. His own relationships with others may be difficult to develop because of the impact of his father leaving in the life stage before. This may make him not trust others and keep a distance in the relationship, due to fears of being abandoned and left and to not have to go through the feelings he did when he was younger.

65+

When Lewis reaches this life stage, he will experience loss of close family and friends, this may cause Lewis to feel the emotion of loss like he did when his father left him. In this life stage it is important for Lewis to keep communicating and socialising to his close family and friends as it will help keep his brain active and to not be lonely which can cause depression. As Lewis has found it difficult to form a long-term relationship, he may find this later stage in life difficult, as he won't have anybody to grow old with and he may become socially isolated. By not having children Lewis will not experience building relationships with grandchildren and not share memories from his childhood and his success in his racing career. This could lead to poor self-esteem, loss of confidence and depression. In this life stage Lewis, the divorce between his parents wouldn't really affect him, this is because he had kept a relationship with his mum, stepdad, brothers and sisters, he also had rebuilt a relationship with his father.

Social factors

Education

9-18

Lewis went to Peartree Spring Primary School, in Stevenage. He then moved onto The John Henry Newman secondary school, which was a catholic school. Lewis had Dyslexia, which meant he found it challenging at school. Dyslexia is a learning disorder, which means the person has difficulties to read, write and spell, however intelligence isn't affected. Lewis found out that he had Dyslexia when he was 17, he says he struggled and found teachers weren't very supportive. In this life stage Lewis could have been home-schooled or attend a private secondary school, if his family were able to afford the fees, but their money was going towards his racing career. Being in state school may not have helped Lewis as his dyslexia may have been missed because of the class sizes and the teacher not being able to give 1 to 1 support. Due to his racing and training, Lewis missed every Friday at school; this may not have helped him form friendships and bullying may have occurred because they may have been jealous of his successes and his absence of not being at school. Not being in on Friday could also affect Lewis' Dyslexia because the teachers wouldn't see him regularly to help him. Being absence from any school regularly means you are missing a lot of learning time and teaching. Lewis went onto a private boarding school CATS – Cambridge of Arts and Sciences, at 17 his success in early racing helped him afford to go to this school. The college offered a flexible timetable to allow him study and fit it around his racing. Other colleges may not have been able to offer flexible timetable, which would mean Lewis, may

not have the time or be committed to his studies. This would impact his learning and exam results.

19-45

Lewis graduated from CATS with a degree, but continued with his professional racing career. By gaining degrees, you are giving yourself wider opportunities for careers and earning a good income which helps with buying a home, car and affording basic essentials and treats. If Lewis didn't have his professional racing career and didn't get good exam results and a degree, he wouldn't have had as much of a variety of job opportunities and the ones he would have would be low pay. Attending a private school would mean you would be mixing with people with the same academic abilities. By attending a boarding school it would have made Lewis become more independent in this life stage because he would know how to look after himself and prepare him with skills such as cooking, washing, going shopping, paying bills, etc. This also helped Lewis much more than when he was in his public school by getting more support towards his academic studies especially as he was dyslexic which allowed him to progress more. By being a good F1 driver provided Lewis with a scholarship to be able to access this kind of education which provided him with better opportunities for his future. If he ever need to consider a career change he now has his degree to support him.

65+

In this life stage, having a good education will help Lewis share his knowledge to his children and grandchildren, if he has any. In the previous life stage good education, exam results and degrees helps to have a good career which will mean he will have a private pension and money as he retires. Being able to put into a private pension gives you money when you retire along with a state pension. If you only get a state pension you will only afford to live on basic essentials. This will help with the security of Lewis when he is in this life stage by being able to afford care within his own home if needed and being able to pay the bills without worrying about money. Lewis is likely to feel contented with his educational and career successes which will make him feel proud of what he has accomplished.