



# 7 SECRETS OF HEALTHY AGEING

CONTRARY TO THE TITLE, THESE SEVEN THINGS ARE BY NO MEANS A 'SECRET'. WE ALL KNOW WHAT WE HAVE TO DO TO AID THE AGEING PROCESS BUT SOMETIMES IT IS GOOD TO BE REMINDED!

## 1. PHYSICAL EXERCISE

Exercise is vital to strengthen muscles and improve balance. There are simple ways in incorporate exercise in your daily life. For example, take the stairs instead of the lift, move feet or toes when sitting and stand on your toes whilst waiting in a queue. Little things that make a big difference in the long term.



## 2. POSITIVE ATTITUDE

A positive attitude strengthens relationships, improves your ability to cope with life's lessons and protects your health. Practice gratitude by focusing on what you are grateful for and spend time with people that make you feel good.

## 3. GOOD DIET

Muscle really matters in healthy ageing. Eat foods high in protein in order to maintain muscle mass. Drinking plenty of fluids is vital as is a diet rich in calcium.



## 4. NEW LEARNING

Evidence suggests that learning in the latter stages of life can delay the onset of alzheimer's disease and help maintain independence. Summer school, University of the Third Age and free online courses through Futurelearn are all possibilities.

## 5. CONTROL STRESS

Stress causes anxiety which can lead to other health issues. Take control of stressful situations by getting organised, seeking help with financial or other matters, practice mindfulness and use physical exercise as a destressor.



## 6. MENTAL STIMULATION

Retire to something not from something! Pursue things that you are passionate about to create meaning and fulfilment. Utilise your memory to improve focus and attention.

## 7. SOCIAL INTERACTION

Meaningful relationships are essential to happiness. Find ways to experience community and connect with others. Join a bookclub, bridge club or walking group and don't forget the significance of a coffee date!



**DISCLAIMER** If you are not currently active, you should check with your doctor before commencing an exercise programme.

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