

Healthy ageing

Ageing is a lifelong process, for example we reach peak hearing in our late teens and peak physical ability in our 20s and 30s. Being aware of this, and taking steps to stay healthy and active, will allow us to have the best outcome for our wellbeing as we age.

Did you know: Ageing is only 25% genetic - the rest is under your control. Impacts that are traditionally associated with ageing are often preventable and reversible.

Where to go if you have questions or want to find out more about healthy ageing in your community

- Your local general practice team
- Age Concern
- Your local sports organisation
- Your local council



HE HĀPORI ORA
THRIVING COMMUNITIES



Whanganui District Health Board

100 Heads Road, Private Bag 3003
Whanganui 4540, New Zealand

WDHB-9115



Healthy ageing

Keep moving, take care of yourself and stay connected - healthy choices to reduce the impacts of ageing.



wdhb.org.nz

He Hāpori Ora
Thriving Communities

Ko au ko tōku whānau, ko tōku whānau ko au

Nothing about me without me
and my whānau/family

Keep moving

Staying active is important when you're getting older (especially if you have health conditions). Regular physical activity can improve your health and wellbeing, and make it easier to perform daily tasks.¹

Did you know: Regular movement, such as walking, gardening, vacuum cleaning through to dancing and running, is an excellent antidote to stress and tension. Being active for 30 minutes a day encourages your brain to release chemicals which can improve your mood and make you feel calmer.²

1. **Keep moving during your everyday activities** – take the stairs instead of a lift; park further away from the supermarket; break up sedentary desk activities by standing.
2. **Keep moving within your community** – get involved with sports clubs, walking groups and community classes, and walk to your regular activity instead of taking the car.
3. **Keep moving in enjoyable ways** – combine movement with activities you enjoy, whether it be dancing, walking, gardening, yoga or mountain climbing. If you are looking forward to the activity it will be easier to do.

Take care of you

Remember to fill up your own cup before you fill up another's. As you age, investing time in yourself becomes more important, and is needed to ensure you live your most fulfilling life.

Did you know: Research suggests that when we intentionally practice being more mindful, we feel less stressed, more balanced and in tune with our bodies.³

1. **Take care of your health by attending regular check-ups and screenings** as discussed with your general practice team.
2. **Take care of your mind by regularly practising mindfulness and meditation.** The benefits of these techniques are becoming increasingly recognised, and can help with our ability to face challenges as we age.
3. **Take care of your body by staying hydrated and eating your 5+ a day.** Avoiding alcohol, smoking and vaping will also significantly improve your health and wellbeing.

Stay connected

As we age, we know staying connected to our communities can be extremely beneficial for mental health and wellbeing as well as physical health.

Did you know: People who stay connected socially are likely to live longer, and less likely to experience a range of health conditions such as heart disease, obesity and depression.⁴

1. **Connect with whānau/family and friends** in ways that are meaningful for you.
2. **Connect with your community** – link in with clubs and events that mirror your interests.
3. **Connect with online communities,** friends and whānau using technology.



¹ www.health.govt.nz/your-health/healthy-living/food-activity-and-sleep/physical-activity/being-active-everyone-every-age/physical-activity-older-people-aged-65-years-and-older

² *Te Rau Hinengaro: The New Zealand Mental Health Survey* Ministry of Health, NZ, 2006

³ www.mentalhealth.org.nz/home/our-work/category/21/mindfulness

⁴ www.nia.nih.gov/news/social-isolation-loneliness-older-people-raise-health-risks