



# STRATEGIES FOR SUCCESSFUL AGEING

## BEING HEALTHY

### The Seven Secrets of Mental Sharpness

7



Aerobic Exercise



Good Diet



Mental Stimulation



New Learning



Get Some Control Over Stress



Social Engagement



Thinking and Behaving Young

## KEY MESSAGES

### EXERCISING

for only 150 minutes per week



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CAN HAVE MAJOR HEALTH BENEFITS

This can be broken down to



SOMETHING SMALL IS BETTER THAN NOTHING AT ALL



### IS WORTHWHILE

to hold on to important brain functions



### MEMORY

for as long as possible

The next time you brush your teeth, use it as a reminder to do something for your brain health.



Almost everything we perceive from the world is based on multisensory information.



EXPLORE MORE!  
IMPROVING YOUR  
MULTISENSORY AND  
SPATIAL ABILITIES  
IS IMPORTANT FOR  
SUCCESSFUL AGEING

## STRATEGIES: WEEK 3

### EXERCISE, LIKE WALKING, IS THE NEW WONDER DRUG

- Add walking to your routine and commit to walking regularly.
- Exercising can be easier with others. Invite a friend to join you or go to a place where others are exercising like a beach or park. This can strengthen your motivations for exercising.
- Gradually increase the length of time you walk for and how quickly you walk.
- Think about how good you feel after exercising, and remind yourself of the benefits that you can gain from walking more.

### IMPROVE YOUR MULTISENSORY AND SPATIAL ABILITIES

- Instead of taking the car or bus for short journeys, walk.
- Use a map to take new routes to the same destination on different days.
- Visit new places regularly, even places that are close to your home which you rarely go to. This helps maintain good spatial cognition.

### NUTRITION & FITNESS ARE KEY FOR SUCCESSFUL AGEING

- Reduce obesity through healthy dietary patterns rather than fad diets.
- If you find yourself sitting for long periods each day, get up regularly, take a walk, use a flight of stairs, or find some other ways to move around more.

### BE YOUR OWN JUDGE ABOUT DIET AND NUTRITION

- Who is offering you advice?
- Does it sound too good to be true?