



**Trinity College Dublin**  
The University of Dublin

# Strategies for Successful Ageing



**Week 3 Infographic**  
**Being Healthy**

# Week 3 Infographic: Being Healthy

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## Being Healthy:

- The seven secrets of mental sharpness are
  - 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, can have major health benefits. This can be broken down to 30 minutes a day on 5 days a week. Something small is better than nothing at all.
- Developing good brain health habits is worthwhile to hold on to important brain functions, like memory, for as long as possible. The next time you brush your teeth use it as a reminder to do something consciously for your brain health.
- Explore more! Almost everything we perceive from the world is based on multisensory information. Improving your multisensory and spatial abilities is important for successful ageing.

## Strategies:

### **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 in exercising, or go to a place where there are others exercising like a beach or park. This can strengthen your motivations for exercising.
- Gradually increase how long you walk for and how quickly you walk.
- Think about how good you feel after exercise, 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 and fitness are key for successful ageing**

- Reduce obesity through healthy dietary patterns rather than fad diets.
- Maintaining muscle mass is crucial in promoting function, metabolic health, mobility and independent living.

**Be your own better judge about diet and nutrition**

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

## Sources

- <http://www.getirelandactive.ie/Resources/lit/GuidelinesPhysicalActivity.pdf>