

## 6 steps to healthy ageing

Healthy ageing is being able to do the things we value for as long as possible. Keeping your brain healthy is just as important as keeping physically well. Small actions can contribute to the wellness of your brain and in doing so can contribute to overall wellbeing.

**These are six core areas where you need to remain active in order to age well.**

### Connect - keep in touch with others



**Build positive relationships with those around you.**

- Call an old friend
- Say hi to a stranger
- Chat to a neighbour
- Interact in an online forum
- Attend an event in your community

### Energise - eat and drink well



**Energise your body, feel good, do more.**

- Drink 8 glasses of water a day
- Try a new recipe
- Share a meal with a friend or cook for someone
- Keep a regular bedtime
- Follow the Australian Guide to Healthy Eating

### Move your body and stay active



**Boost your fitness, energy levels and sleep well.**

- Walk in the sun
- Do a fitness class
- Take the stairs instead of the lift
- Do some gardening
- Try to touch your toes every morning

## 6 steps to healthy ageing

### Be present and have a calm mind



Enjoy life, live in the here and now.

- Really listen to someone
- Practise mindfulness
- Get out in nature
- Read a book
- Listen to music
- Take notice of what's around you

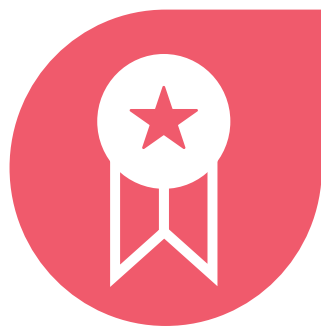
### Learn - be a lifelong learner



Develop an endless curiosity about the world.

- Do crosswords or puzzles
- Work on a skill you have
- Remember names
- Use a new word daily
- Use your non-dominant hand for things like opening doors and brushing your teeth

### Think positive



Have a positive outlook on life - a glass half full approach.

- Do things you enjoy
- Write down your worries
- Look for the good in those around you
- Say thank you
- Do an act of kindness
- Set personal goals

**We have the ability to choose healthy ageing and it's the little things that can make a big difference.**

Download the **Be active weekly planner** to make a positive start on your journey to a healthy brain and a healthy body.