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Health Tips For Healthy Ageing

IT IS never too early to start looking after your overall health, and research shows that the earlier you commit to a healthy lifestyle, the greater the benefits in your later years. "The benefits of staying healthy and living a balanced life as one gets older are well documented.



We see the benefits in our residents who have committed to healthy lifestyle choices on a daily basis," says Barry Kaganson, CEO of Auria Senior Living. "They include better general physical health, the ability to recover from illness or injury faster, and reduced likelihood of chronic disease. These in turn promote continued ability to participate in meaningful activities, leading to increased overall wellbeing."

Getting enough exercise and physical activity is an important factor at any stage of life, and it is never too late to start. Having regular check-ups at the doctor, dentist and any other relevant medical professionals is also advisable.

Nutrition plays a key role in our physical health. Just as we take care of our children's diets as they are growing and developing, so we should pay the same attention to our own nutritional needs, which change as we age. Getting a good night's sleep is also important at any stage of life, but many older people report having struggles with sleep. Good sleep is frequently tied to good exercise and nutrition, but it can also be promoted by having a consistent sleep routine and getting the correct amount of sleep for one's age and life stage.

Mental agility is just as important as physical agility as one ages. Many of us don't think about this much during the course of careers which can challenge us mentally or even home schedules that keep us busy and planning, but once those demands are removed, the opportunity for mental exercise can decrease.

Staying mentally active helps stave off cognitive decline, and it is thought that it may even play a role in reducing the impact of conditions such as Alzheimer's disease. There are many ways to stay mentally lit, whether you learn a new language, take up crosswords or Sudoku, develop a new hobby or even stay in touch with your old workplace in a consulting capacity.

Just as we need to take time to work on our physical health, so we need to take proactive steps to reduce stressors in our lives, get appropriate support when we are struggling, and find ways to reconnect with our deeper selves. This might be through religious or spiritual practices, through therapy, or through something creative such as art. Social isolation and loneliness are considered significant health risks in older adults rivalling smoking, obesity and physical inactivity as a cause of premature death, according to the CDC. Social isolation is also associated with about a 50% increased risk of dementia.

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