- Health

Taking care as you age

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Self-care has become a fashionable topic in recent times.

But as you get older, you really should not underestimate the importance of taking care of yourself.

As you age, your body changes and looking after your well-being is essential to promote healthy ageing.

Here are four habits to promote healthy ageing and self-care:

Stay active

In order to gain health benefits older adults should be active every day in as many ways as possible, and accumulate at least 30 minutes of moderate intensity physical activity on most, preferably all days.

Simple ways to meet these activity guidelines include taking the dog for a walk, walking to the shops, or doing some gardening.

These activities can also help you to be more sociable, which is an important factor in being healthy.

Connect with friends and family

As you get older, your relationships start to look a little different.

Friends move away, children leave the nest, and you might even have to deal with losing loved ones.

In spite of these changes, it's important to keep being social.

Having an active social life

promotes a strong sense of belonging and community, which will positively impact your health, wellness and quality of life.

Research has shown that older adults face a higher risk of experiencing loneliness and social isolation because they are more likely to live alone, experience loss, face chronic illness and hearing loss.

Visit the doctor regularly

Regular check-ups are always a good idea, but they are especially necessary when you get older.

Older people are more prone to falling ill, and regular visits
to the doctor allow for quicker diagnoses.

It is also important to pay attention to changes in your body, and approach your doctor when you feel that something is wrong.

Eat healthy

Good nutrition is essential to live healthily and independently, and to maintain a good quality of life.

Unfortunately, many older people are not eating enough nourishing food that meets their nutrition requirements.

To meet your body's nutrition demands, try eating a variety
of different foods allows you to get all the protein, vitamins and minerals that your body needs.

Use the five food groups (grains and cereals, vegetables, legumes and beans, fruit, dairy and alternatives, and proteins like lean meats, fish, eggs, tofu, nuts and seeds) as a guide.

If you are interested in getting a check-up, contact Gateway Health at 03 5723 2000 to make an appointment with a GP or go to gatewayhealth. org.au/older-people for a list of our services catered to older people.