

Tips for positive ageing

1. **Stay physically active:** This includes daily exercise for at least 30 minutes.
2. **Exercise your brain:** Engage in mentally challenging activities and don't stop learning new things. Embrace and seek opportunities to exercise your brain.
3. **Adopt a healthy lifestyle:** Maintain normal body weight, eat healthy food in small portions, don't smoke and drink alcohol in moderation, and adopt good sleeping habits.
4. **Stay connected to other people:** Reach out to others, including young people. Stay involved in your community.
5. **Create positive feelings for yourself:** Experiencing positive feelings is good for your body, your mental health, and for how you relate to the world around you. Feeling good about your age is part of this.
6. **Don't sweat the small stuff:** Don't worry too much. Be flexible and go with the flow. Don't lose sight of what really matters in life.
7. **Set yourself goals and take control:** It is important to have goals in life and to take control in achieving them. Being in control of your actions gives you a sense of mastery and leads to accomplishments that you can be proud of.
8. **Minimize life stress:** Stress has a tendency to "get under your skin"—if you notice it or not. Try to minimize your stress. Learn to unwind and to "smell the roses."
9. **Have regular medical check-ups:** Take advantage of health screenings and engage in preventive health behavior.
10. **It is never too late to start adopting any of these behaviors.**