

# Healthy Habits Newsletter



March 2024

In this month's newsletter, I look at the importance of staying healthy as we age.

## A TIMELESS INVESTMENT: THE IMPORTANCE OF STAYING HEALTHY AS WE AGE



### In brief

- We should be concerned about aging population trends
- There are long term benefits - for us, our families, and the broader community - of taking care of our health

### In detail

Earlier this month the Australian government released its [report](#) into aged care, and it makes for sobering reading. By 2064, the number of Australians aged 65 and over is expected to more than double and the number aged 85 and over to more than triple. It is also expected that the number of people aged 65 or more that will be dependent on care will increase to 38%. There is also a predicted increase in the tax burden for providing such care; in 2021, the Australian government spent \$24.8 billion on aged care - about 1.1% of our gross domestic product (GDP) - and that figure will continue to rise to a predicted 2.5% of GDP by 2064.

I don't know about you, but I plan to live an independent life into my 80s and beyond without the need to rely on care. And as I get older, my appreciation for the value of good health increases. Aging gracefully isn't just about looking young; it's about feeling vibrant and energised and enjoying life to the fullest.

So what can we do now to improve the quality of our life as we get older?



## **The Importance of diet**

A well-balanced diet forms the cornerstone of good health at any age, but its significance becomes even more pronounced as we grow older. Nutrient-rich foods provide the essential vitamins, minerals, and antioxidants necessary for optimal bodily function and disease prevention. As we age, our bodies may require adjustments to our dietary intake to accommodate changing nutritional needs and metabolic rates.

Ensuring an adequate intake of fruits, vegetables, whole grains, lean proteins, and healthy fats can help ward off chronic conditions such as heart disease, diabetes, and osteoporosis. Furthermore, maintaining a healthy weight through proper nutrition reduces the risk of obesity-related complications and enhances overall quality of life.

## **Exercise; The Fountain of Youth**

Regular physical activity is often hailed as the closest thing we have to a fountain of youth. Engaging in exercise offers myriad benefits for older adults, including improved cardiovascular health, enhanced muscle strength and flexibility, and reduced risk of falls and injuries.

And exercise isn't just about physical health—it also has profound effects on mental well-being. Studies have shown that regular exercise can alleviate symptoms of anxiety and depression, boost cognitive function, and enhance mood, promoting a sense of vitality and vitality as we age.

From brisk walks and swimming to yoga and strength training, there are numerous ways to incorporate exercise into daily routines. Finding activities that are enjoyable and sustainable is key to maintaining consistency and reaping the long-term benefits of physical activity.

## **Links to disease**

The link between lifestyle choices and disease risk becomes increasingly apparent as we age. Poor dietary habits and sedentary lifestyles are major contributors to the development of chronic conditions such as hypertension, type 2 diabetes, and certain cancers.



Prioritising healthy eating and regular exercise can significantly reduce susceptibility to these diseases and enhance overall resilience. Additionally, adopting preventive measures such as routine health screenings and vaccinations can further safeguard against age-related illnesses and complications.

### **The Importance of mobility**

Mobility is often taken for granted in our youth, but its significance becomes glaringly evident as we age.

Maintaining mobility is essential for preserving independence, performing activities of daily living, and enjoying an active lifestyle.

Regular exercise plays a crucial role in maintaining mobility by preserving muscle mass, joint flexibility, and balance. Strength and flexibility exercises, in particular, help older adults retain their ability to perform tasks such as walking, climbing stairs, and bending down without discomfort or difficulty. Something as simple as being able to stand from a sitting position without help is something that we take for granted when we are young (think getting out of a chair or even rising from a toilet seat!)

Furthermore, incorporating mobility-enhancing activities such as tai chi or Pilates can improve coordination and proprioception, reducing the risk of falls and enhancing overall stability.

### **Final thoughts**

Staying healthy as we age is a multifaceted endeavour that requires attention to various aspects of well-being, including diet, exercise, and mobility. Prioritising nutritious eating habits, regular physical activity, and efforts to maintain mobility can safeguard our health, prolong independence, and allow us to enjoy a fulfilling and active lifestyle well into our golden years. Remember, investing in your health today is an investment in a vibrant and fulfilling tomorrow.



## WHAT'S IN SEASON

Eating in season makes sense as produce will generally be cheaper and also taste great!  
Here are a few fruits and vegetables that are in season in Australia right now.

### FRUIT

Bananas  
Strawberries  
Figs  
Limes  
Nectarines  
Rhubarb  
Tamarillo

### VEGETABLES

Asian greens  
Beans  
Celery  
Eggplant  
Pumpkin  
Sweetcorn  
Zucchini



## FRESH -V- FROZEN -V- CANNED

With the cost of living hitting hard, frozen and canned fruits and vegetables can offer an affordable alternative to fresh produce. Some benefits include:

- Longer shelf life, so reduced wastage
- They retain much of their nutritional value
- Makes fruit and veg available all year round
- Can be more affordable than the fresh equivalents





HELPING BUSY PEOPLE LOOK, FEEL, AND PERFORM AT THEIR BEST

## About me

I'm a wellness transformation coach, hypnotherapist, corporate trainer, and creator of the DARE Model, a four-part system that helps individuals create healthy habits that stick. The DARE model forms the basis of my first published book, DARE to be Awesome: How to Create the Life of Your Dreams One Habit at a Time.

I now help busy people implement healthy habits so they can look, feel, and perform at their best.

I specialise in helping people with:

- losing weight using the Virtual Gastric Band hypnosis technique
- stopping smoking and vaping
- stopping or reducing alcohol consumption
- pain management
- sports performance
- business performance

## About my book

I created the DARE model to help people easily set up healthy habits that stick.

DARE stands for Desire, Accountability, Reward, and Environment.

The DARE model forms the basis of my first published book, DARE to be Awesome: How to Create the Life of Your Dreams One Habit at a Time.

## Work with me

Contact me if you would you like to know more about how I can help you reach your wellness goals.



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