Take care of your physical, mental   
& social wellbeing

Watch what you eat and drink

* Having a balanced diet is crucial for good health, energy and preventing illness.
* Don’t forget to top-up with lots of water to avoid dehydration.
* If you drink alcohol, keep at least 2 days per week booze-free to give your liver time to recover!

Look after your teeth

* Brush your teeth twice a day and floss daily.
* Flossing helps to prevent gum disease.
* Have regular check-ups and, if you wear dentures or have a bridge, ask your dentist to check that they fit properly.

Stay active

* Daily exercise helps you to stay strong and healthy.
* This will lower your risk of obesity, heart disease, stroke, diabetes, and even cancer.
* If that wasn't enough, staying active can boost your self-esteem, improve your sleep, and give you more energy.

Make the most of your doctor

* Get some routine tests done at the doctors to check your blood pressure and cholesterol levels.
* Whilst you’re there, why not ask your doctor about the [seasonal flu jab](https://www.ageuk.org.uk/information-advice/health-wellbeing/conditions-illnesses/flu-prevention/)?
* It’s free once you reach 65.

Get a vitamin boost

* Lots of people have a vitamin D deficiency and don’t know it.
* Try to get outside in the sunshine for at least 15-20 minutes a day for a vitamin D boost.
* It can also be found in food such as eggs and oily fish.

Take care of your feet

* Look after your feet by applying moisturiser to prevent dry skin.
* Cut your toenails straight across.
* Make sure you have footwear that fits properly
* and supports your feet.

Did you know….

* 25% of those who volunteer at least 5 times a year say volunteering has helped them lose weight!

Sort out your sleep

* Many of us have trouble getting – or staying – asleep as we get older.
* This can leave you feeling tired and grumpy.
* Avoid insomnia by cutting down on daytime naps, establishing a bedtime routine and going to bed at the same time each night.
* Try a warm drink such as chamomile tea or hot milk before you go to bed.

Take the tests

* As we age our hearing and eyesight can be affected, so get them checked regularly.
* Have your [eyes checked](https://www.ageuk.org.uk/information-advice/health-wellbeing/conditions-illnesses/eye-health/) every year if you are aged 70 or over, and every two years if you are under 70.
* Eye tests are free if you are over 60.

Stay in touch

* Spending time with other people can prevent you from feeling lonely or anxious.
* If you find that you are no longer able to do the things you used to do, try to develop new hobbies and interests or think about becoming a volunteer!

Give up smoking

* The good news is that if you stop smoking, regardless of your age, your circulation, your lung capacity and your energy levels will improve.

Volunteer!

* Research shows that people who volunteer regularly show higher levels of happiness in their daily lives, satisfaction in life, higher self-esteem, sense of control over life and better physical health.