

HEALTH ACROSS THE LIFESPAN

FIND NEW HEALTHY ROUTINES

*Learning and novelty are important for brain function—
and overall satisfaction.*

IN YOUR 60S

- **Train for flexibility and balance**

Choose activities such as Yoga or Tai Chi to improve posture.

- **Eat the rainbow**

Eat a variety of colourful vegetables and fruits to help fight cellular damage.

- **Build a community**

As roles and responsibilities shift, join a hobby group, volunteer, and connect with friends and family.



IN YOUR 70S AND BEYOND

- **Keep your mind and body active**

Challenge your brain with projects and reading, and continue to exercise

- **Eat smaller meals**

Pack more nutrition into smaller meals with plenty of produce, lean proteins and healthy fats to accommodate a declining appetite.

- **Know your mental health state**

Surround yourself with people you love and participate in hobbies you enjoy. Speak to a health professional about any cognitive concerns.



Sources:

https://www.precisionnutrition.com/how-to-eat-right-for-your-age#the_70s