

# Your 60s

## DIY TIPS

### YOUR 60s:

This is a decade of major change – most men have plans for life outside the workforce into the future.

The importance of good health is realised and there can be room for improvement. Good health can provide an opportunity to enjoy retirement, travel and spend time with family.

Have an annual health check and discuss any health issues that may be bothersome with your GP – for example waterworks issues.

- Keep physically and mentally active – play golf, tennis, undertake brisk walking or try cycling. Do Sudoku puzzles, crossword puzzles, play cards with your friends or sign up to learn something new, like learning a language, yoga or woodwork
- Challenge yourself often and keep on learning new things
- Drink moderately; are you having at least three alcohol-free days each week?
- Socialise as much as possible – Laugh lots and loud
- Have a problem? Talk about it – your GP or counsellor will be able to assist you



### 60's HEALTH CHECK

- ✓ *Weight and waist measurement*
- ✓ *Blood pressure*
- ✓ *Cholesterol and glucose levels*
- ✓ *Eye check - especially for glaucoma and cataracts*
- ✓ *Bowel cancer screening*
- ✓ *Flu and Pneumonia shots*
- ✓ *Blood tests for kidney and liver function*
- ✓ *Check bone density*
- ✓ *Mental health - talk to your GP about any concerns*