



## YOUR 70s and beyond:

By now you will know there is a significant link between your health and your lifestyle. Keeping fit and well, both physically and mentally, is essential.

Have an annual health check!

Keep your weight down to a healthy level. Keep your activity levels as high as you are safely able to.

Eat nutritious food with plenty of fruit and vegetables.

Many men in their 70s are affected by depression and emotional problems as they lose some independence. Speak to your family, your mates or your GP if you are feeling depressed.

Remember; it's never too late to improve your diet, get fitter, energise and find new interests and friends.

- Keep moving, walk daily and do any other activities that keep you fit and well
- Stay connected – keep in touch with friends and family, socialise and get out and about as much as possible
- Keep your brain active – Do Sudoku puzzles, crossword puzzles, play cards and other games that engage you
- Moderate your alcohol – have three alcohol-free days each week
- Talk it over – don't be embarrassed about any personal issues or problems, talk to your GP or a counsellor for assistance and advice
- Laugh lots and loud

## 70'S AND BEYOND HEALTH CHECK

- ✓ *Weight and waist measurement*
- ✓ *Blood pressure*
- ✓ *Cholesterol and glucose (diabetes)*
- ✓ *Eye checks glaucoma, cataracts etc*
- ✓ *Bowel cancer screen*
- ✓ *Flu and Pneumonia shots*
- ✓ *Blood tests for kidney and liver function and iron levels*
- ✓ *Bone density*
- ✓ *Mental health talk to your GP about any concerns*

