

Keep active in your later years:

- Do something **active** every day
- Start with **gentle exercise** and build up gradually
- **Get outside** and enjoy fresh air and some sun on your skin
- Go Green – ask your doctor about a **Green Prescription**
- **Move it or lose it!**



Eat well in your later years:

- Enjoy **meat, fish and chicken** – 1 large or 2 small serves every day
- Eat plenty of fresh, frozen and canned **fruit and veges** – 5+ A Day
- **Drink often** – water, milky drinks, and juice
- **Eat 3 meals + healthy snacks**
- Maintain a **healthy weight** – don't get too thin

