

Healthy Ageing

We all want to keep ourselves healthy. Drinking lots of fluids, eating a balanced diet and regular exercise are all good for a healthy lifestyle. The following six pieces of advice act as a guide that you can incorporate into your own life. We want you to stay happy, healthy and independent.

Keeping Fit with gentle exercises

- If you need to stay indoors during Covid-19 and feel you aren't getting enough exercise, then why not try our gentle exercises, which help build your core strength. Go to www.warwickshire.gov.uk/healthyageing and go to the Keeping Fit section of the site.
- Make walking a more enjoyable experience by inviting friends and/or family to join you. Alternatively, take some time for yourself to destress by listening to your favourite music or podcast.
- Join a local walking club in Warwickshire, it's a great place to make new friends and improve your mobility at the same time.
- Take time for yourself and your own mental health by visiting one of the beautiful country parks throughout the county or by discovering new areas to explore near where you live.

How to keep your home accessible



- **Wearing the right footwear around your home**
Wearing the right footwear around your home. Buy slippers with backs to help prevent slips and falls. Mules and backless slippers don't grip the back of your feet as easily. A slipper with a velcro fastening will make it easier for you to keep them on your feet.
- **Ask Sara (Assistive Technology)**
 - Our assistive technology tool, Ask Sara, can help pair you with the correct support aid and products that will help you with mobility both in and outside the home. Visit www.warwickshire.livingmadeeasy.org.uk/
- Make improvements around your home with Heart, Warwickshire. The team will be able to assist with making improvements, repairs, or adaptations to your home to further improve your health, safety and wellbeing. Go to <https://www.nuneatonandbedworth.gov.uk/info/21036/heart>



Connecting with friends and family



- **Benefits of keeping connections**
 - good mental health
 - talking through your problems
 - widening your friendship group
 - taking on different viewpoints
 - building up self confidence
- **Social media**
For many of us, COVID-19 has meant we are away from friends and loved ones. If you can't physically see friends or loved ones, then you can keep in touch via a computer, handheld tablet or smartphone.
- **What can Facebook help me with?**
 - Share birthday, anniversary and special occasion photos
 - Share posts about the things that excite you, such as:
 - planning a trip abroad
 - getting ready for the birth of a grandchild
 - update on your health
 - Share videos of events and celebrations

Brain Training



- Did you know you can now borrow digital versions of your favourite books. This is a great way to ensure that you always have something to read anytime of the day or night.
- **BorrowBox – Your library in one app**
Borrow eBooks and eAudiobooks free from your library using the BorrowBox app. Say hello to your future library, wherever you are, whenever you are free. Go to www.borrowbox.com
 - **Eye Test**
If you are using your smart phone or device regularly then you should make sure that you've had an eye test. It's also important to get your eyes tested if you are a little unsteady on your feet. Please do book an eye test with your local optician.
 - **Hearing Test**
It is just as important to have a hearing test – as this too can affect your balance. The canals of your inner ear are used to help you balance – so it's vital that you get your ears checked out if you find yourself unbalanced when walking. Please book a hearing test with your GP.

Maintaining a healthy diet



- **Hydration**
Water is one of the single most important fluids you should drink throughout the day. Not only will water help to quench your thirst, it will also help with a multitude of other benefits, which include:
 - increased concentration levels
 - lubrication for the joints
 - it cushions the brain, spinal cord and other sensitive tissues
 - maintains blood pressure

Being alert to the signs of infection



- tiredness
- fever or chills
- stiff neck
- cough or nasal congestion
- aches and pains