

Staying Active and Healthy at home

Practical tips and information for older adults to stay active, healthy, and connected at home.

Stick to an active routine



Aim to build 30 minutes of activity into your day. Ideas to stay active at home include:

- Strength & balance or circuit based exercises.
- Yoga, Pilates, Tai Chi or dancing.
- Cleaning, cooking or gardening.
- Pottery, sewing or arts and crafts.

Useful websites:

www.activeandhealthy.nsw.gov.au

www.exerciseright.com.au

Remain in touch and support one another



If you are spending more time at home, and less time with family and friends it is important to keep in touch in other ways:

- Check in with friends, family and neighbours regularly over the phone (try video calls from your computer or smartphone).
- Speak to neighbours over the fence or from your balcony.

If you or someone you know needs help, contact the NSW Health Mental Health Line:

Call 1800 011 511

OR visit www.health.nsw.gov.au for more information.

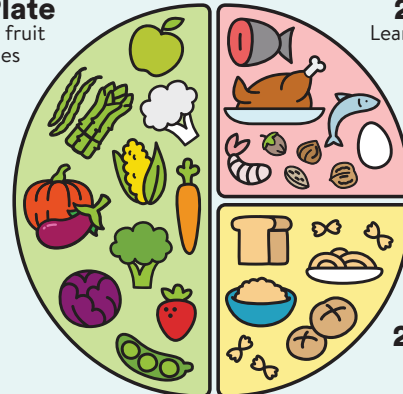
Nourish your body to keep your immune system strong



Eat a range of healthy foods to ensure you are getting the nutrients you need for good health.

50% Plate

Colourful fruit and veggies



25% Plate

Lean meat and/or alternatives

25% Plate

Grains and cereals

For more information on Healthy Eating visit:

www.eatforhealth.gov.au

Keep the mind active



Keeping the mind active is just as important as keeping your body active:

- Read a book, do a word search, or Sudoku (find a puzzle book or search online).
- Watch quiz based TV shows.
- Many museums and art galleries have online access to collections.
- Learn a new skill via the internet, for example, a new language.

Resources and support

NSW Get Healthy Information and Coaching Service.

This free telephone-based health coaching service can support and motivate you to reach your healthy lifestyle goals to maintain your independence. www.gethealthynsw.com.au OR call 1300 806 258.

Contact your local Health Promotion Service to discuss other support services available in your community



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