

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, tablet 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

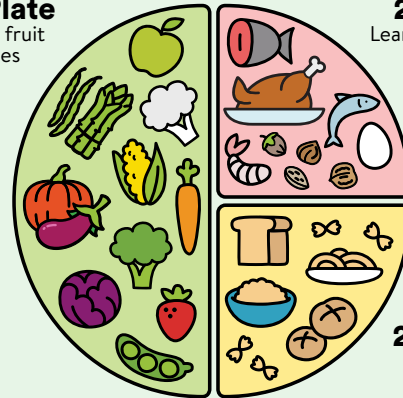
OR visit www.health.nsw.gov.au for more information.

Nourish your body



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.healthyliving.nsw.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.

To find out more or to register visit www.gethealthynsw.com.au or call 1300 806 258.

Active and Healthy website

Scan the QR code to find information about:

- Exercising at home
- Healthy eating
- Preventing falls
- Joining an online program



HEALTHYEATING
ACTIVELIVING