


**HEALTHY AGEING SEMINAR**


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## Growing Old is a Privilege

Life expectancy at birth among men and women in 2012 in the 10 top-ranked countries\* - World Health Organisation

Men			Women		
Rank	Country	Life expectancy	Rank	Country	Life expectancy
1	Iceland	81.2	1	Japan	87
2	Switzerland	80.7	2	Spain	85.1
3	Australia	80.5	3	Switzerland	85.1
4	Israel	80.2	4	Singapore	85.1
5	Singapore	80.2	5	Italy	85
6	New Zealand	80.2	6	France	84.9
7	Italy	80.2	7	Australia	84.6
8	Japan	80	8	Republic of Korea	84.6
9	Sweden	80	9	Luxembourg	84.1
10	Luxembourg	79.7	10	Portugal	84



## What is Ageing?

Chronological Vs Biological Ageing

- Loss & Decline
- Cell Defence & Repair
- Loss of Reserve



## What is Healthy Ageing?

Leading a lifestyle that minimises the 'natural shocks' to our body

A deliberate attempt to build or at least maintain our reserves'

Ageing in a way that preserves our quality of life not just lengthens it

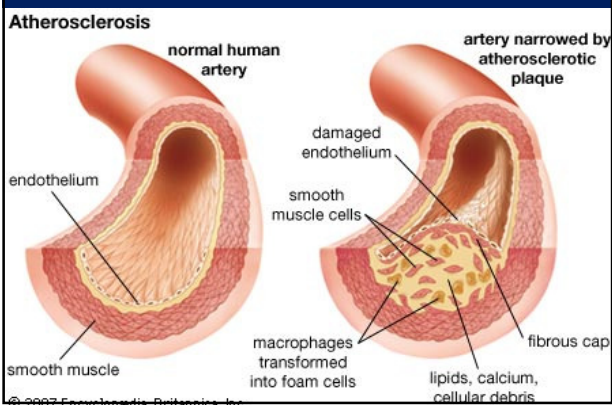


## UNDERSTANDING & AVOIDING CHRONIC DISEASE

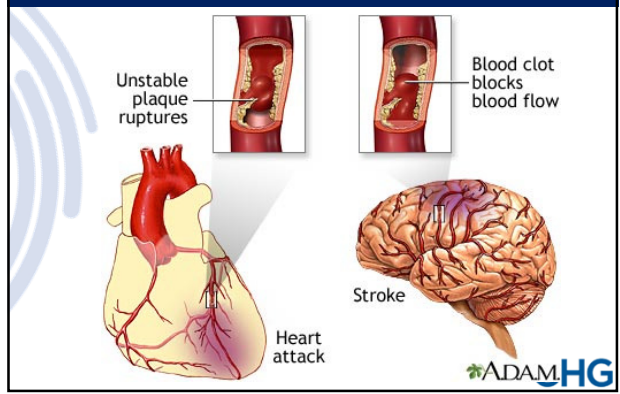
- 1 CARDIOVASCULAR DISEASE
- 2 DIABETES
- 3 CANCER
- 4 ARTHRITIS



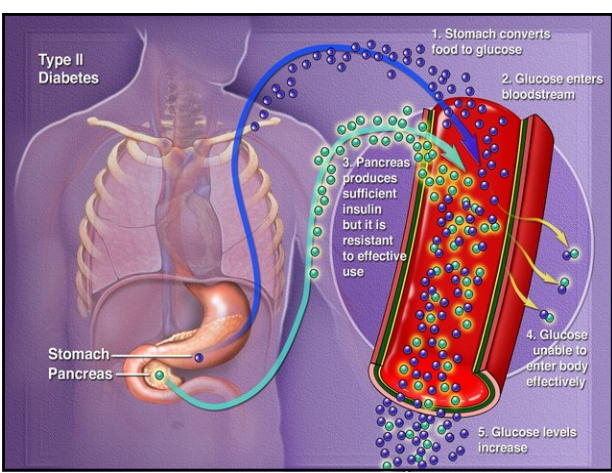
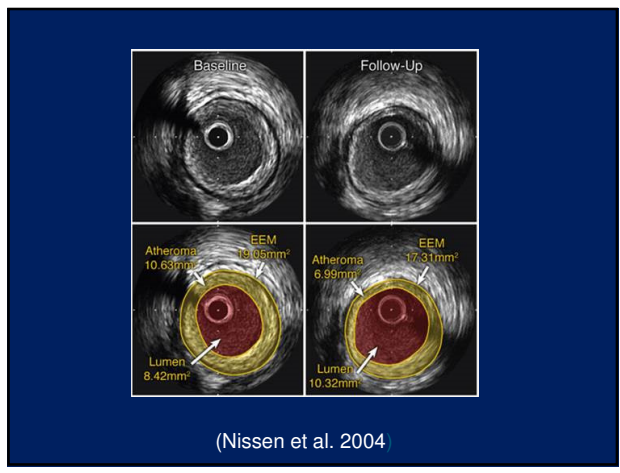
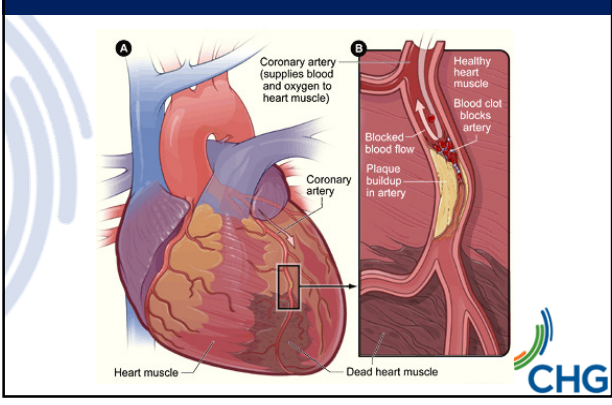

## Step 1 - Atherosclerosis



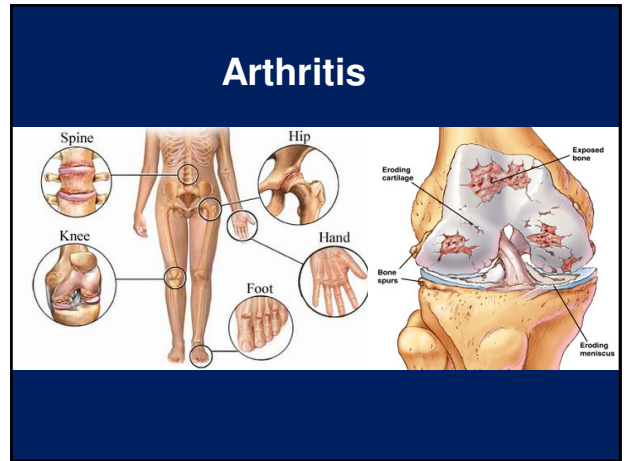
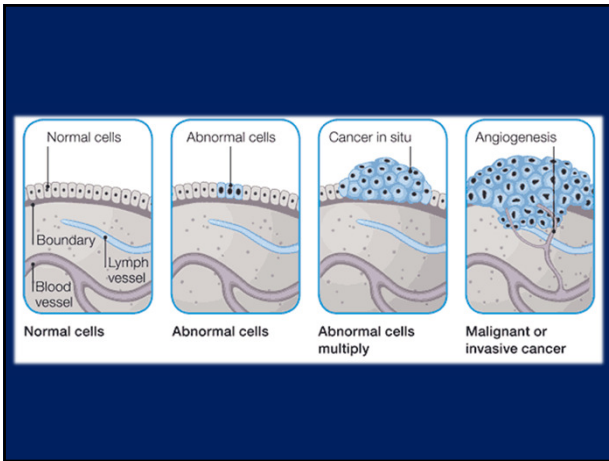
## Step 2 - Plaque Thrombosis



## Step 3 - Myocardial Infraction (Heart Attack)

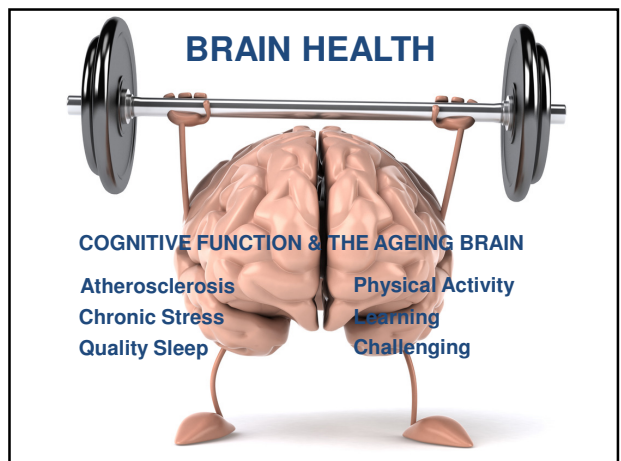




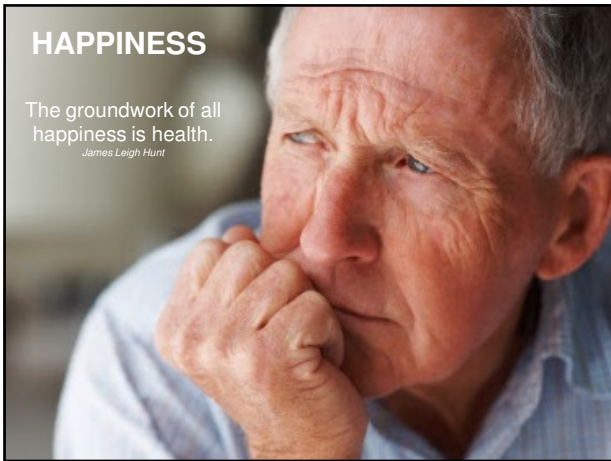


Walking 0.5kg		
Cycling 0.5kg		
Upstairs 3.3kg		
Downstairs 5kg		
Jogging 7kg		
Squatting 7kg		
Deep Squatting 20kg		









**Top 5 Tips for Ageing Healthily**

- Know Your Doctor
- Exercise Every Day
- Eat For Health & Energy
- Stay Challenged Mentally
- Choose To Be Happy

**Know Your Numbers**

9 3 0 5 6

