

FACTORS THAT INFLUENCE HOW YOU AGE

- Spiritual connection and/or having a life purpose
- Optimism, happiness and positive outlook on life

- Stimulating mental activities and arts, crafts and hobbies
- Support brain health with fat soluble nutrients

- Meaningful conversation and creative expression
- Regular "spring cleaning" of body, mind and environment

- Strong social networks and deep interpersonal relationships
- Optimise cardiovascular health through diet and lifestyle choices

- Work/life balance
- Healthy sun exposure

- Adequate water, fibre and micronutrient intake
- Phytochemical-rich diet

- Physical activity and exercise
- Healthy body composition



- Lack of spiritual beliefs – no sense of life purpose
- Pessimistic view on life and loneliness

- Lack of mental stimulation
- Excessive time spent on passive pastimes such as television viewing

- Lack of human interaction
- Hoarding of old objects and thoughts

- No connection with community and/or lack of close relationships
- Cardiovascular health concerns

- Overworked, excessive stress, anxiety, insomnia
- Indoor existence

- High glycaemic load diet, high in processed, refined and packaged foods
- Diet lacks variety and is low in fruit and vegetables

- Unfit with a sedentary lifestyle
- Overweight, weak muscles, lack of muscle tone



Healthy Ageing and Long-Term Wellbeing

Premature Ageing and Poor Health

Biological Age