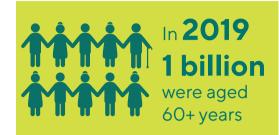
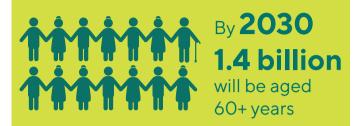




HEALTHY AGEING







The pace of population ageing is much faster than at any time in history.

The number of persons aged **80 years or older** is expected to **triple between 2020 and 2050** to reach 426 million.



What is healthy ageing?

Healthy ageing means staying active, maintaining relationships, and continuing to do the things you value as you grow older.

Supportive environments that promote physical and mental wellbeing are essential for healthy ageing.



What promotes healthy ageing?

Having a healthy lifestyle throughout your life will help you reduce the risk of many chronic diseases and improve your physical and mental wellbeing, such as:

- staying as active as your circumstances allow
- challenging your balance regularly
- staying socially connected
- keeping your joints and muscles moving
- eating as well as you can



The life course approach

Ageing is often linked to health conditions like dementia and frailty, and the risk of developing them is shaped by experiences throughout life. Preventing age-related health conditions involves addressing risk factors at different life stages, such as:

Early life

Young adulthood

Midlife

Regular physical activity during childhood and adolescence is crucial for long-term health. It helps build strong bones and muscles, and improves cardiovascular health, reducing the risk of chronic diseases such as obesity, diabetes, and osteoporosis later in life.

Engaging in sports and regular exercise during young adulthood has been linked to better physical health later in life. This includes lower risks of obesity, diabetes, and cardiovascular diseases. It can also protect cognitive health later.

Staying physically active during midlife is essential for both immediate and long-term health benefits. It helps prevent chronic diseases, supports mental health, maintains bone density, improves overall quality of life, and can reduce dementia risk.



How can physiotherapy help?

Physiotherapists can advise on how to adopt a healthy lifestyle throughout your life, and offer treatments and exercise plans to meet your changing needs. They can:

- give you tailored exercises to maximise your physical function, including improving your balance and muscle strength, and help build stronger bones
- help you maintain the ability to get up off the ground
- help with your recovery, and show you how to get moving again after surgery, injury or illness
- manage pain to optimise your mobility
- help you recover from stroke or heart attack
- manage long-term conditions such as arthritis, diabetes, and Parkinson's
- reduce breathlessness and teach the best way for you to move



#WorldPTDay
8 September
www.world.physio/wptday