

# DO YOU WANT TO AGE WELL?

ARE YOU...

In your golden years?

Near retirement?

A senior citizen?

However you see yourself, get a health boost this September.

STAY FIT

Ageing is inevitable but there are ways to **age better!**

EAT WELL

HYDRATE

KEEP SOCIAL

STAY ON THE BALL

WHAT IS IT?

A kick start to healthy ageing for the whole UK.

30 day challenge from 1st September



## TAKE FIVE TO AGE WELL

WHY SHOULD YOU TAKE PART?

It's easy and fun: you take up simple actions that will improve your health and well being.

You choose your own adventure!

HOW DO YOU GET INVOLVED?

Scan the QR code for a quick and easy sign up!

The **Take Five Team** will support and empower you throughout the month with: **emails, encouragement, ideas and cheer leading.**



### YOU CONTRIBUTE TO SCIENCE!

We'll ask you to complete surveys to better our understanding of ageing and habit formation. **With our ageing population, this will be pivotal in informing policy and care for years to come.**

### IT'S A WIN WIN!

As well as helping science, this will have a positive impact on your health. **You will feel better, physically and mentally.**

### LONG HAUL BENEFITS!

After a 30 day commitment, maybe you will find it's easy to keep **Taking Five and Ageing Well.**