

“It’s amazing what a little exercise will do for you”



A mature approach to staying active.

Noeline Brown
AMBASSADOR FOR AGEING



AMBASSADOR FOR AGEING

If you're like me you're probably busier at this stage of your life than ever, volunteering, looking after the grandkids and getting out and about in your community. But there's one really important activity you should make time for – looking after your health.

No matter what your age, weight, health or abilities, you should try to do some form of physical activity each day.

For more information visit:
www.health.gov.au/ambassadorforageing
or call the Aged Care Information Line on 1800 500 853

Here you will find more useful information on:

- Avoiding falls at home;
- Staying in touch with family, friends and the wider community; and
- Good nutrition.

Noeline Brown
AMBASSADOR FOR AGEING
promoting positive & active ageing



Australian Government
Department of Health and Ageing



Noeline Brown

Noeline Brown is the Ambassador for Ageing and is passionate about promoting positive and active ageing within the community.

As the Ambassador for Ageing, Noeline promotes internationally recognised principles of positive and active ageing; communicates healthy and active ageing messages to the community and leads activities to ensure our communities value and respect our older people.

“Thirty minutes a day
is all you need to stay
fit and healthy”

Noeline Brown
AMBASSADOR FOR AGEING



People who are healthy...

and physically active as they get older, are less likely to need health and aged care services in later life.

We are living longer but more and more of us are living with chronic diseases.

The culprits? Common lifestyle risk factors, such as smoking, excessive drinking, lack of physical exercise and obesity.

Regular physical activity...

is good for your body and your mind. It builds muscle and helps to manage weight, blood pressure, cholesterol, diabetes, pain and bone and joint problems. It can also reduce the risk of disease and help to prevent falls and injury. And being fit and active also means that should you become ill or injured it will help your recovery.

You need to...

have your physical activity add up to at least 30 minutes. Remember, it doesn't have to be all at once – several 10 or 15 minute bursts throughout the day are fine. Of course, if you have been happily doing more vigorous activity than this, keep it up.

If you are starting a new kind of physical activity, you should start at a level that you can easily manage and gradually build up. It's good to do a mix of activities to help your fitness, strength, balance and flexibility.

Take a walk with your friends, ride or swim, park the car a little further from your destination or enrol in a dance class. Mixing things up is fun and a great way to meet people.