

Ageing well during the Corona Outbreak

Narrator:

With the growing threat of the Coronavirus and the need to self-isolate, it's vital we all take the very best care of ourselves. And this is especially important for those of us who are older or more vulnerable.

Luckily we have the Five Pillars of Ageing Well to support ourselves at home. They are: nutrition, hydration, physical activity, cognitive and social stimulation.

Nutrition

If you're self-isolated, it's important to get plenty of carbohydrates, proteins and fats. Proteins are good for your muscles, especially as you get older. There are some superfoods, which will help you here. Bananas are very filling and nutritious. And nuts, if you can eat them, are a great source of protein and fats.

As you'll be getting less exercise, you might need more fibre from fruits and vegetables to support your bowel. If you can't get fruit and veg, some cereals are a good source of fibre and nutrients.

Hydration

Obviously, it's important to drink plenty of water. It's essential for your body and brain and will help with any medication you might be taking. You should be drinking a minimum of 1.5 litres a day and aiming to reach 2 litres, which is about 3 and half pints.

Physical

As you get older, you need to keep your blood circulating and your muscles active. This just means taking any opportunity to keep moving. So, if you're self-isolated, try gardening or tidying your home. Download a free home exercise app, if you have a smartphone, or check out the Tai-Chi videos on YouTube.

Unless you have a specific condition, you should keep active for at least 30 minutes a day. This protects your muscles, joints, tendons and bones.

Cognitive & Social

Like your muscles, your brain needs plenty of stimulation. Obviously, this is trickier when you're self-isolated.

So try reading and watching tv and even looking at nature outside your window. There's never been a better time to try something new, like learning a language.

The internet is a fantastic tool to learn new things and connect with people. And of course, don't be too afraid to pick up the phone and ring your friends or family.

The coronavirus has had a huge impact on normal life, but by creating a daily routine, your own rhythm, around the five pillars of ageing well, and following it through will help you stay happy and healthy, even when self-isolated.