


# Vademecum

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# HEALTHY SENIORS

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 Virtuous behaviours inspired by  
**WHO Healthy Ageing**

*“Good Health adds life to years”*

## NUTRITION

- Do not overeat: **eat slowly**, calmly and chew thoroughly. Get used to a **varied diet** and preferably choose locally grown foods, grown at the time of consumption.
- Keep your intestine healthy: preferably eat organic, unprocessed foods. **Give preference to plant foods** such as raw and cooked vegetables, whole grains, legumes and fresh sprouts.
- **Drink at least 20 ml of water** per kilogram of body weight to counteract dehydration, typical of seniors. Indulge in daily relaxation with quality herbal teas.
- Regulate the body's pH level with **fresh seasonal fruit and vegetables**. For example, in winter prefer green leafy vegetables and bitter roots to be dressed simply with raw extra virgin olive oil.
- Limit consumption of pro-inflammatory foods such as gluten-rich foods, eliminate monosodium glutamate (known as 'stock cubes') and fried foods. Limit consumption of meat, cheese and foods of animal origin in general. Avoid excessive sugar, salt and industrial foods.

## PHYSICAL ACTIVITY

- Do **aerobic exercise for at least 30 minutes** a day, for example:
  - walk at a good walking pace
  - practise gentle gymnastics and gentle stretching
  - breathe deeply and rhythmically to lower the heart rate and oxygenate your body
  - practise dance, which supports health, longevity and a good mood.




# HOME


- **Take care of your living environment** by keeping it clean, tidy and by periodically embellishing and renovating it. Joyful paintings and ornamental plants bring positive energy and health.
- **Don't watch too much TV** or listen to too much radio. **Go to bed early** and practice daily "rituals" before going to sleep: meditation, reciting mantras or the rosary, and yoga are all forms of relaxation that prepare you for a deep and restful sleep.
- **Frequently change the air** in the rooms where you stay and sleep.
- Identify a suitable and pleasant area in your home for **reading and listening to** harmonious and joyful **music**.



# SOCIALITY

- Maintain an **active social life** and an open mind, for example:
  - meet friends and relatives often and devote time to family members: arrange regular visits even if only for a light lunch with friends or an afternoon tea
  - go to the cinema and theatre, visit cultural exhibitions and craft fairs: tell your loved ones about the experience

 Try to make one trip or excursion a year, collect memories to be shared on return with friends and relatives.

- Live to the full emotions and emotional relationships.
- Prefer **real social relationships** to virtual contacts via social media.
-  Cultivate your **spirituality**.



# MODERATION

- **Absolutely avoid smoking.**
- Do not exaggerate with drugs.
- Moderate coffee, all stimulating drinks and alcohol.
- Moderation in all things... even in following this advice...

This initiative is part of the plans to support the **UN Decade of Healthy Ageing (2020-2030)** which calls for the involvement of the diverse stakeholders

<https://www.who.int/ageing/decade-of-healthy-ageing>

## REFERENCES:

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Oct 26, 2020 - Healthy ageing is the focus of WHO's work on ageing between 2015 - 2030. Healthy ageing replaces the World Health Organization's previous focus on active ageing, a policy framework developed in 2002.
- **Decade of Healthy Ageing - World Health Organization**  
[www.who.int › docs › decade-proposal-final-apr2020-en](http://www.who.int/docs/default-source/decade-proposal-final-apr2020-en)  
The Decade of Healthy Ageing (2020-2030) is an opportunity to bring together governments, civil society, international agencies, professionals, academia, the media, and the private sector for ten years of concerted, catalytic and collaborative action to improve the lives of older people, their families, and the communities in which they live.
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