



TAKE FIVE TO AGE WELL



Choose at least one action from the list below:

Tick off each day you complete your chosen action.

EAT

- A healthy breakfast
- Regular eating
- My eat action that works for me



MOVE

- 2 walks
- Get outside
- Stand each hour
- A strength builder
- Stretch regularly



CONNECT & ENGAGE

- Chat to friends
- Get to know your community or neighbours
- Share a hobby
- Sign up with someone you care for



DRINK

- Stay well hydrated
- Less alcohol
- Carry a water bottle



THINK

- Learn something new
- Get creative
- Do puzzles or games
- Be mindful
- Read
- Write a journal



01	02	03	04	05	06
07	08	09	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

How to use this wall chart: Choose your daily goal from the list above or adapt one to make it work for you. Tick off your goal each day you achieve it (if you miss a day, don't worry, just try again the next.) Start on whatever day in May you like, then at the start of the June go to '1' and carry on until you've completed 30 days.

WHAT IS TAKE FIVE TO AGE WELL?

Take Five to Age Well offers five simple steps to a longer, healthier life. Launching on 1 May, you can join a UK-wide community making small changes in your daily routine for better ageing. You are committing to choose and keep up these healthy change(s) for 30 days throughout May. Developed by **The Open University**, this expert-led initiative includes everyday actions to help you live well for longer.

CHOOSE YOUR CHALLENGE

Research tells us that 70-80% of ageing rate is determined by environmental factors – many of which we can change; our actions below are evidence based to help you to stay strong, sharp, independent, and feeling good. Choose the action from the list you would like to make for your health, wellbeing and longevity. Don't see an action that works for you? No problem – feel free to adapt them to your level but remember this is something to do daily and so make sure it's attainable and measurable. Use the chart overleaf to record each day you

succeed. If you mostly stick to your new routine for 30 days you will be well on the way to making that change a habit.

QUESTIONS AND ANSWERS

Can I do more than one challenge?

Yes – you can choose any number of actions but try to keep it achievable on a daily basis.

Can anyone help me with my challenge?

Tell your friends or family about **Take Five to Age Well** and ask them to sign up too – we know that it's easier to do with someone else and whatever someone's age this is beneficial.

HELP OUR RESEARCH PROJECT

We'd love to find out how **Take Five** is working for you. If you have signed up through our nQuire website then you should receive a short questionnaire that will contribute to science and help us improve **Take Five to Age Well** for future years. Any questions, contact us by email: ageing-well-pledge@open.ac.uk or visit wels.open.ac.uk/take5

EAT

- 1. Breakfast:** have a healthy breakfast every day.
- 2. Eat regularly every day:** eat regular meals and have regular nutritious snacks every day.
- 3. What works for you:** good nutrition varies according to the individual – do what works for you every day.

MOVE

- 1. Walk for your health:** go for two short walks every day.
- 2. Get outside:** take five minutes outside a day to breathe and take in the outdoors.
- 3. Power:** do 3 short (6-10 min) bursts of weight bearing exercise every day.
- 4. Stand:** get up and move for 5 or more minutes every hour throughout the day.

- 5. Stay flexible:** every couple of hours you are sitting, do two minutes of stretching and moving.

CONNECT & ENGAGE

- 1. Connect:** call or meet a friend or family member for a chat every day.
- 2. Know your community or neighbours:** engage with someone every day.
- 3. Share a hobby:** try a new hobby this May with others.
- 4. Are you a carer:** share your action and knowledge from Take Five with the person you care for – taking part together is easier than alone.

DRINK

- 1. Drink enough water:** stay well hydrated every day.
- 2. Reduce your alcohol intake:** limit alcohol to within the NHS guidelines.

- 3. Carry a water bottle:** keep a water bottle with you when you leave home.

THINK

- 1. Learn:** learn or do something new, practice daily and perhaps share it with others.
- 2. Get creative:** draw something every day – you could do this with a grandchild or swap pictures about your day with a friend.
- 3. Play:** do puzzles and play games every day.
- 4. Be mindful:** pause and take notice of your surroundings for at least 1 minute, 3 times a day.
- 5. Read:** hug your brain with a nice book by reading at least 5 pages a day.
- 6. Write about your day:** keep a daily journal.