

## How to stay healthy when you are old

As we get old, our minds and bodies change. This fact sheet has ideas about ways to stay healthy when you are old.

The fact sheet says you should:

- see your doctor to have health check ups
- exercise for 30 minutes a day, like going for a walk
- eat and sleep well
- keep having fun
- be kind to yourself and ask for help if you need it.

## We trust this resource

We trust this resource because it is:

- Made to help, not for profit
- Made by people who know a lot about the topic
- Made in Australia

We've checked this resource, and you can [follow our guide to know if health information is true and right for you.](#)

## This resource was made by

### Family Planning NSW

Family Planning NSW helps people look after their sexual health. They give clinical services and health information to people in NSW.

- [Family Planning NSW](#)