

Healthy Aging Starts Now

Support your body.
Strengthen your mind.
Stay connected.



Aging is a journey, one filled with growth, wisdom, and opportunity. At Alliance-Midmed, we're here to walk it with you, offering practical tools to help you age with strength, independence, and joy.

Here's your guide to ageing well, physically, emotionally, mentally, and socially:

Physical Health: Move Strong & Protect Your Spine

Staying active is one of the most powerful ways to maintain health and quality of life as you age.



Mobility & Flexibility

- Engage in moderate exercises like brisk walking, swimming or cycling
- Stretch daily to ease stiffness and maintain joint movement
- Practice balance exercises (e.g. tai chi or yoga) to reduce the risk of falling, which increases with age.

Nutrition & Supplements

As your body changes with age, so do your nutritional needs.

- Prioritise a diet rich in colourful vegetables, fruits, lean protein, healthy fats, and whole grains
- Stay hydrated and limit processed foods and added sugars
- Supplements such as **calcium, vitamin D, magnesium,** and **omega-3 fatty acids** are often recommended to support **bone health, joint strength, brain function,** and **immune defence**
- Always consult your healthcare provider before starting new supplements



Back & Spinal Care

- Strengthen your core to support spinal alignment
- Use safe lifting techniques and maintain good posture
- Keep a healthy weight to ease pressure on your spine
- Don't ignore persistent back pain, early treatment can prevent bigger issues

Alliance-Midmed's Spinal Programme is here to help.

If you're experiencing back or spinal discomfort, you're not alone. Our **Spinal Programme** offers dedicated support for members managing spinal conditions, whether it's pain management, conservative care, or surgical evaluation.

Reach out to our friendly nurses at the Family Wellness Centre for guidance, referrals, and next steps toward relief and recovery.

Emotional Wellbeing: Nurture Your Mind & Spirit

Emotional health builds resilience and keeps your inner spark alive.

- Prioritise hobbies and "me time"
- Talk openly to friends, family, or a professional about how you feel
- Practice mindfulness and gratitude
- Seek support if you feel lonely or overwhelmed, you're never alone



Cognitive Health: Keep Your Mind Sharp

Mental agility can continue well into later years, if we stay intentional.

- Challenge your brain: play puzzles, read, or learn something new
- Use lists, calendars, and apps to stay organised
- Prioritise sleep to enhance memory and focus
- Manage chronic conditions like high blood pressure and diabetes, which can affect brain function



Social Engagement: Stay Connected

A strong support network is linked to better overall health.

- Call or visit friends and family often
- Join social clubs, community groups, or volunteer
- Explore tech tools to keep in touch with loved ones across distances
- Attend health education sessions and local wellness events



Your Wellness, Our Priority

Together, let's embrace healthy aging, physically, emotionally, and socially. Our wellness team is here to support you every step of the way.