

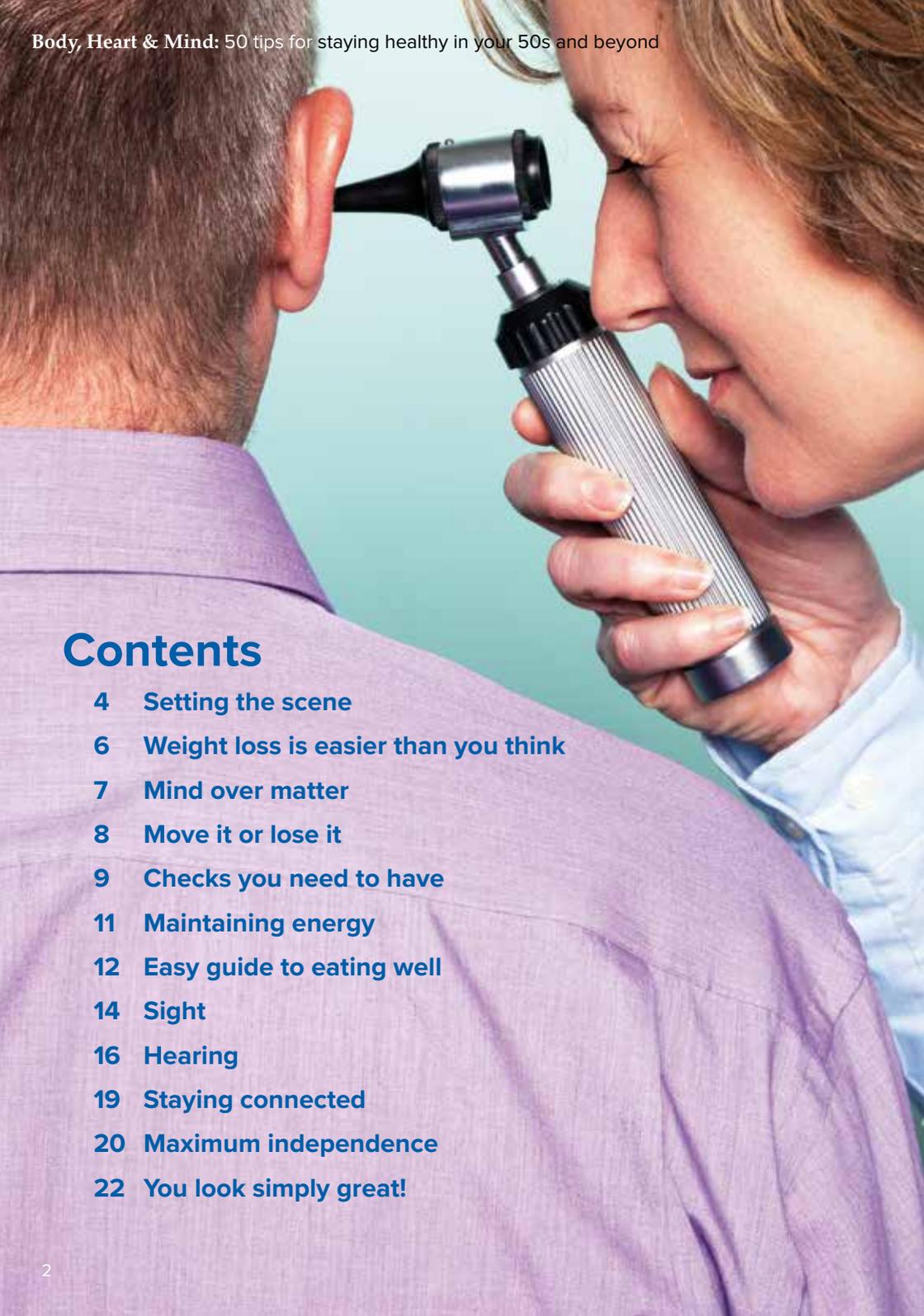
# Body, Heart & Mind

50 tips for staying healthy in your 50s and beyond



 **Hidden Hearing**  
*Your hearing is our expertise*





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A close-up photograph of an older man and woman embracing and laughing joyfully. The man is on the left, wearing a light blue button-down shirt, and the woman is on the right, wearing a white lace-trimmed top. They are in a social setting, possibly a bar or restaurant, with bottles visible in the background. The lighting is warm and intimate.

“ Staying connected with friends and family is an important way to maintain a feeling of wellbeing and purpose. Retaining and diversifying your social connections either face-to-face or through new technologies, can substantially influence your emotional and physical wellbeing.”

## Setting the scene

Irish people are living longer than ever before. According to Government statistics more than 500,000 people in Ireland are over 65 years old. The latest projections show that there will be over 1 million elderly Irish people in 20 years' time and the number will increase to over 1.7 million by 2050.

Potentially, a longer lifespan gives us more opportunities to experience the riches life has to offer, including work, travel and spending time with family and friends. However, the longer we live, the more we risk developing conditions such as Type 2 diabetes, eyesight problems, hearing loss, dementia, some kinds of cancer and osteoporosis – to name a few.

Also, illness, injury or grief following the loss of a partner can lead to isolation and loneliness, making a difficult situation worse.

The good news is that getting older doesn't have to mean becoming frail, isolated or losing the independence you've worked so hard for.

Setting the scene for good health beyond 50 means addressing many facets of your life –from nutrition, to exercise, to stress control and social connections. It also means taking responsibility for maintaining healthy habits and discarding unhelpful ones.

As with any kind of change, this may seem daunting at first, but will be well worth the effort in the long run.

Throughout this booklet you'll find up-to-date information gathered from reputable sources about issues ranging from weight loss, to mental alertness, health checks, nutrition and more – along with 50 practical tips to help you implement positive changes that needn't cost an arm and a leg.



We start by looking at the topic on the lips (or hips?) of so many of us aged 50-plus – weight loss, and how to do it sensibly.

Next, we look at ways to keep your mind alert and healthy as you inch further up the age scale. Getting older doesn't have to mean losing your edge!

Then, we show you how to maximise your strength, endurance and flexibility through regular exercise.

From there, we run you through some of the key age-related conditions and current recommendations for screening and health checks. As with so many things in life,

preventing these conditions is definitely better than curing them!



“Whilst age is one risk factor in developing some conditions, there is plenty you can do right now to minimise that risk and give yourself the best possible chance of moving into your later years feeling physically robust, mentally alert and psychologically healthy.”

**N**ext we take a look at how to maintain your energy levels. It’s a lot easier than you think!

We share the basic components of eating well at 50 and beyond – what works, what doesn’t, and how to make changes for the better.

Good eyesight and hearing are important assets in maintaining your independence later in life. We guide you through the basics of identifying and treating common age-related conditions for your eyes and ears.

Staying connected with friends and family is another important way to maintain a feeling of wellbeing and purpose. We hope you’ll benefit from our tips on preserving connections with loved ones and making new connections – the old-fashioned way, or through the myriad of options now available through information technology.

If you’re currently fit and well, now is the time to plan ahead and give a little thought to how you’ll manage if and when you’re affected by age-related illness or injury. We look at some strategies for maximising your independence, and touch on some of the support services available.

Finally, we spend some time on the part of you that’s most visible to you, and to the outside world. We share fashion, grooming and postural tips that will have you feeling more confident, and looking years younger – without breaking the bank.

We hope you enjoy being ‘50 and beyond’. They could – and should – be your best years yet.

**Yours in good health**  
**The Hidden Hearing Team**

# Weight loss is easier than you think

Finding that you can't eat the same rich foods as you did when you were younger without gaining weight? Noticed a 'spare tyre' around your middle that seems to come from nowhere?

It's not your imagination – evidence shows that metabolism (our ability to burn the energy from food) slows down somewhat as we enter our middle and later years. (You'll find more about this in our "Easy guide to eating well" on pages 12-13.) But that's no excuse for letting the lbs pile on.

Sensible weight loss (no more than 1lb per week) is a combination of wise nutrition choices and moderate intensity exercise – not going on a radical crash diet or taking up marathon running after years of being a couch potato!

## Cutting calories? Balance is the key

Eating to lose weight should involve choosing a wide range of foods each day, including wholegrain bread and cereals (for complex carbohydrates), vegetables and fruit (for fibre and vitamins), dairy products (for calcium), and meat, fish or legumes (for protein).

**Tip 1** Avoid eating when you are upset, angry or stressed. There are healthier ways to cope with these feelings, and you'll find them throughout this booklet.

**Tip 2** Move it any way you can! Regular exercise is the other key to weight loss



Increase the 'incidental' exercise in your day by getting off the bus or train a couple of stops early and walking the rest of the way to work. Take the stairs instead of the lift; walking instead of driving for short trips; walking the dog instead of leaving the job to someone else.

You'll find more exercise tips in 'Move it or lose it' on page 8.

### More information

#### Guide to Healthy Eating:

[bordbia.ie/  
aboutfood/nutrition/pages/  
healthyeatingplanner.aspx](http://bordbia.ie/aboutfood/nutrition/pages/healthyeatingplanner.aspx)

## Mind over matter

Keeping your mind sharp is a key part of staying healthy and active in your 50s and beyond. Whilst some age-related brain conditions are irreversible once they begin, you can do simple things every day to reduce your risk of developing them.

According to The Psychological Society of Ireland learning new things and a continuous curiosity keeps your brain working. Creating mental stimulation keeps the brain fit and can prevent cognitive decline in older age. UK studies lead by Warwick Medical School at the University of Warwick reveal growing older and putting on weight are not necessarily linked to a reduction in mental wellbeing. The investigation showed that the older people feel their quality of life from a mental point of view improves.

**Tip 3** Regularly doing small things such as reading a book, learning a new hobby or solving a crossword will exercise your brain and make it work harder.

Staying physically active, eating well and maintaining social connections can also play a part in keeping your brain healthy. You'll find tips on these throughout this booklet.

### What about dementia?

Dementia is an umbrella term for a range of illnesses that cause a progressive decline in functioning, including memory loss, confusion, social withdrawal and personality change.

There are about 42,000 people living in Ireland with dementia (Future Dementia care in Ireland 2012). Some will be people living with an undiagnosed dementia. It is expected that by 2041 some 140,000 people will have dementia.

Whilst getting older increases your risk of developing dementia, health expert's stress that most older people will not develop the condition.



### Fishing for brain health

**Tip 4** Oily fish are rich in Omega-3 fatty acids, which have been linked with better brain health. One American study found a 60 per cent reduction in risk of Alzheimer's disease in people who ate oily fish at least once a week, compared with those who rarely or never ate fish. Try fresh or tinned salmon, mackerel or sardines.

If you're forgetful or having trouble concentrating, it may not necessarily be age-related. Check your stress levels instead. When you're stressed, the body's emergency response kicks into gear. Over long periods, this can affect your health. If possible, remove the source of your stress. It may also help to try meditation or yoga (see 'Maintaining energy' on page 11), exercise or speak with a trusted friend or GP.

#### More information

##### **National Standard for Better Healthcare:**

[hiqa.ie/standards/health/safer-better-healthcare](http://hiqa.ie/standards/health/safer-better-healthcare)

##### **Alzheimer's Society:**

[alzheimer.ie/Home.aspx](http://alzheimer.ie/Home.aspx)

##### **Dementia Ireland:**

[dementia.ie/](http://dementia.ie/)

# Move it or lose it

“I really should exercise more, but I can’t seem to find the time.”

“I’m not happy with that ‘spare tyre’, but I’m too old to start exercising.”



Despite the excuses, there are many reasons to incorporate exercise into your daily life.

**A**ccording to the HSE, whatever your age, there is strong scientific evidence that being physically active can help you lead a healthier and happier life.

The HSE recommends at least 150 minutes (2 hours and 30 minutes) of moderate-intensity aerobic activity such as cycling or fast walking every week, or in other words 30 minutes a day, most days. ‘Moderate intensity’ means exercise that raises your heart rate and creates some shortness of breath, but still allows you to talk comfortably.

**Tip 5** The key lies in changing it from an ‘add-on’ to a regular and enjoyable part of your daily life.

## More information

**Health Service Executive:**  
[hse.ie/eng/](http://hse.ie/eng/)

**Active Retirement Ireland:**  
[activeireland.ie/](http://activeireland.ie/)

## There are three kinds of exercise:

1. balance, mobility and flexibility, such as yoga and Tai Chi
2. endurance, such as brisk walking, jogging, swimming or cycling, which encourage your heart and lungs to work more efficiently
3. strength training, such as using light weights at the gym

**Tip 6** Strength training increases muscle mass, which is good for managing insulin levels. It also boosts bone strength, which helps prevent osteoporosis.

**Tip 7** If you can combine two or more kinds of exercise in each session, or throughout the week, you’ll see benefits more quickly.

**Tip 8** Anyone over 40 should see a doctor before starting a new exercise routine.

**Tip 9** Exercising needn’t cost the earth. Many gyms have Pensioners’ discounts. You could consider swimming at your local pool, or enquire with your local council about walking groups in your area.

# Checks you need to have

Reaching 50 is a great cause for celebration. But it also means an increase in your chance of developing certain conditions – so it pays to have checks.

**Tip 10** Bowel cancer is the second most common cause of cancer death in Ireland – affecting more males than females. It can develop without any initial warning symptoms but can be treated if detected early. The Bowel Cancer Screening Programme is delivered by the National Cancer Screening Service. The programme offers free screenings to men and women aged 55-74 on a two year cycle.

**More information** **i**  
**Cancer Screening:**  
[cancerscreening.ie](http://cancerscreening.ie)

**Tip 11** Breast cancer is the most common cancer in Ireland. Over 2,000 women get breast cancer in Ireland each year. Most of them (8 out of 10) are over 50, but younger women, and in rare cases men, can also get breast cancer.

**More information** **i**  
**Irish Cancer Society:**  
[cancer.ie/get-involved/fundraise/action-prostate-cancer](http://cancer.ie/get-involved/fundraise/action-prostate-cancer)

Due to the success of The National Cervical Screening Programme, cervical cancer is now an uncommon type of cancer in Ireland. However, it's still a common cause of cancer – related death in countries that don't offer screening.

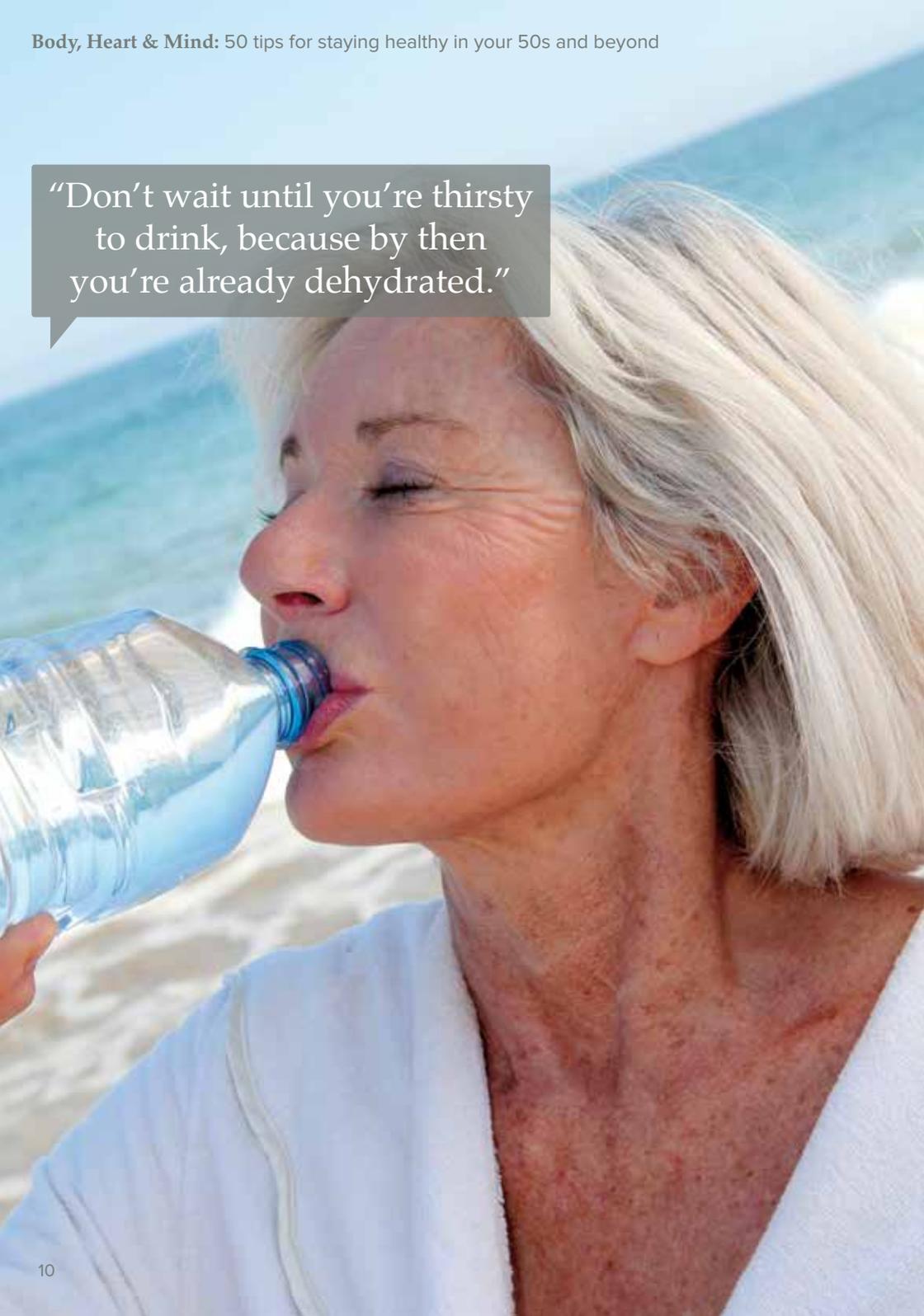
**Tip 12** Each year in Ireland over 2,500 men are diagnosed with prostate cancer. After skin cancer, prostate cancer is the leading cause of cancer in men. The chances of developing prostate cancer increase as you get older. Most cases develop in men aged 70 or older.

**More information** **i**  
**Breast Cancer Ireland:**  
[breastcancerireland.com/iopen24/](http://breastcancerireland.com/iopen24/)  
**Irish Cancer Society:**  
[cancer.ie/cancer-information/breast-cancer](http://cancer.ie/cancer-information/breast-cancer)

**Tip 13** Continue to have a range of regular check-ups. Routine visits to the dentist along with blood pressure, cholesterol and even glucose tolerance tests are all valuable.



“Don’t wait until you’re thirsty to drink, because by then you’re already dehydrated.”



## Maintaining energy

If you're eating nutritious food, exercising regularly, keeping your mind active and cultivating plenty of social contact, you're probably well on the way to maintaining or even increasing your energy levels. But there's even more you can do to ensure you're firing on all cylinders.

**Tip 14** First, make sure you're getting enough sleep and pacing your daily activities appropriately. According to the Jean Hailes Foundation Australia, Elizabeth Klerman of Brigham and Women's Hospital and the Harvard Medical School you may find that you need less sleep at night as you get older. This means you could tire more easily during the day. Try not to cram as much into your day, and have an afternoon rest to carry you through until bedtime.

Second, make sure you're getting enough protein (more about this in the "Easy guide to eating well" on page 12). Nutrition experts say that the body takes longer to convert protein into energy, compared with carbohydrates.

**Tip 15** Including a source of protein with each meal will help stabilise blood sugar and improve your alertness.

Third, drink plenty of water. Dieticians say your brain needs adequate water to function properly and help maintain alertness.

**Tip 16** Don't wait until you're thirsty to drink, because by then you're already dehydrated. Minimise black tea, coffee and cola, as caffeine has been linked with dehydration.



**Tip 17** To sustain or boost your energy, surround yourself with people who make you feel good. That may sound obvious – but how many times have you maintained contact with someone who drained your energy, because you didn't want to hurt them?

Whilst you don't always have control over who is in your life (you can't choose your relatives for example!) there are ways to control your responses to their behaviour so that you don't feel stressed or drained.

It's said that practices such as meditation, yoga and Tai Chi can help turn down the volume of 'busy' chatter that constantly runs through our mind. This in turn may give us the space to create more perspective on our relationships with other people.



### More information

**Irish Health:**  
[irishealth.com](http://irishealth.com)

## Easy guide to eating well

Remember your 20s and 30s, when your body could bounce back from erratic eating and over-indulgence? As you move into later life, it takes more discipline to stay healthy. Bodily changes and medications can affect your ability to get the nutrition you need.

**A**s you get older, you produce less stomach acid, which makes it harder to break down food and absorb a range of vitamins and minerals. You also break down protein less efficiently.

What's more, your base metabolic rate naturally falls by around 10 percent as you age, which means you won't burn calories as efficiently. So what can you do about it? Plenty!

**Tip 18** Choose foods that are high in nutrition but low in calories. Replace high-energy / low nutrient foods such as cakes and pastries with brown rice, wholemeal pasta or unpeeled potatoes.

**Tip 19** It's worth reducing the overall amount of grain-based foods you eat, and substituting a wide range of vegetables. If you need coaxing to eat more veg, try adding vinegar and lemon juice (Greek-style), soy sauce or ginger (Asian-style) or preparing an Indian-style curry.

Next increase the amount of protein in your diet. According to various research protein tissue accounts for 30% of whole-body protein turnover but that rate declines to 20% or less by age 70.

**Tip 20** A good rule of thumb is to include a high-protein food in every meal. This needn't involve buying expensive cuts of meat. Try an omelette with canned bean salad. The combination of animal and plant-based proteins will provide all the essential amino acids. Other options include skinless chicken or fish with steamed vegetables, or stir-fried tofu with Chinese greens.



### Go Mediterranean

**Tip 21** Food from traditional cultures provides a delicious way to adapt to your body's changing nutritional needs. For years, Mediterranean's have eaten a diet that emphasises fish, fruit and vegetables, legumes, olive oil, seeds and nuts.

This way of eating is not only high in protein, vitamins and minerals, but improves circulation and protects against cardio-vascular disease.

"A good rule of thumb is to include a high-protein food in every meal."





## Capturing calcium

Calcium is one nutrient that's particularly important in your 50s and beyond.

**Tip 22** An adequate calcium intake not only supports your nerve, muscle and heart function, but helps maintain bone density and strength. A sustained lack of calcium can lead to low bone density (osteoporosis) which makes the bones more susceptible to fractures – affecting your health and potentially your independence later in life.

According to a US study, bone mass declines in men from 50 onwards but the Australian National Health and Medical Research Council stated that in females it occurs after the menopause. In the five to ten years after this time, women lose calcium more quickly than men. For the over-50s, the NHMRC recommends a dietary calcium intake of 1000mg per day for men and 1300mg per day for women. Try dairy products, bony fish, legumes, almonds, Brazil nuts, eggs and fortified soy drinks. Calcium supplements may also be a good idea for some people, but check with your GP.

**Tip 23** Watch how much salt you eat, because a high sodium intake can increase calcium loss.

## Get outdoors

**Tip 24** Adequate Vitamin D is essential to absorb the calcium that helps protect bone strength. Unprotected exposure to sunshine provides 90 per cent of our Vitamin D requirements. Over exposure to the sun should be approached with caution and you can get good advice from [www.cancer.ie/reduce-your-risk/sunsmart/code](http://www.cancer.ie/reduce-your-risk/sunsmart/code)

If you have dark skin or can't get outdoors much because of illness or injury, you may be at greater risk of Vitamin D deficiency. Your GP can test your levels and advise whether a supplement is warranted.



## Mind those meds

**Tip 25** Some medications prescribed for age-related conditions such as reflux, high blood pressure and diabetes can interfere with nutrient absorption. If you're taking medication, check with your pharmacist whether it could affect your nutrition.

**Tip 26** A medical card issued by the HSE allows the holder to receive certain health services Free of Charge. There are also a number of exemptions for more serious and chronic health conditions. So, there is no need to miss out on the right medication. Ensure you ask your GP for details.

More information



**Citizens Information:**  
[citizensinformation.ie](http://citizensinformation.ie)

## Sight

Maintaining good vision is an important part of keeping active and independent. As you get older, your eyes will work less efficiently – but there's plenty you can do to minimise the risk of problems and identify symptoms that warrant professional attention.

**Tip 27** Cataracts are caused by a change in the protein structure of the lens, and exposure to ultraviolet (UV) sunlight. They're a bit like wrinkles – live long enough, and you're likely to get one!

Symptoms include clouding of the lens, blurred or hazy vision, and greater sensitivity to glare. If neglected, cataracts can cause blindness. Fortunately, they're easily treated by replacing the cloudy lens with a plastic intra-ocular lens; usually under local anaesthetic.

Age-related macular degeneration (AMD) is an eye condition that affects a tiny part of the retina at the back of your eye, which is called the macula.

AMD causes problems with your central vision, but does not lead to total loss of sight and is not painful. AMD affects the vision you use when you're looking directly at something, for example when you're reading, looking at photos or watching television. AMD may make this central vision distorted or blurry and, over a period of time, it may cause a blank patch in the centre of your vision.



The charity National Council for the Blind of Ireland (NCBI) has warned that the number of people in Ireland that suffer from sight loss could double over the next 20 years, therefore, regular eye checks are essential. There are also reported to be over 150,000 in Ireland affected by diabetes, with diabetic retinopathy the leading cause of blindness among the adult population.

**Tip 28** Glaucoma is caused by irreversible damage to nerve cells that transmit information from the eye to the brain. Symptoms include blurred vision, seeing coloured rings around lights, and eye pain and redness. By the time symptoms appear vision is permanently affected. Glaucoma can't be prevented, so early detection through eye examinations is healthy.

**Tip 29** More than one-quarter of people over 75 have diabetes, putting them at risk of developing a diabetes-related eye condition. Most of these conditions affect the retina and can cause irreversible vision damage if not carefully monitored and treated.

### More information

**National Council  
for the Blind of Ireland:**  
[ncbi.ie/](http://ncbi.ie/)

**Association of Optometrists:**  
[optometrists.ie/](http://optometrists.ie/)



As with other muscles in the body, our eye focusing muscles lose flexibility with age. This starts at about age 20, but isn't noticeable until around 45. At this point, the condition becomes known as presbyopia. It can be corrected with glasses, contact lenses, laser surgery or intraocular lenses.

“Cataracts are easily treated by replacing the cloudy lens with a plastic intra-ocular lens; usually under anaesthetic.”

## An eye towards prevention

- Tip 30** Minimise UV exposure to help prevent cataracts and AMD. Avoid the sun from 10am – 3pm, wear a broad-brimmed hat and wear wrap-around sunglasses with a high sun protection factor.
- Tip 31** Quit smoking to help prevent AMD.
- Tip 32** Eat foods in Omega-3 fatty acids (fish, eggs, green leafy vegetables and nuts) to help reduce the progression of existing AMD.
- Tip 33** Visit an optometrist for an eye test every two years, or more often if you have a diagnosed condition.



# Hearing

The latest facts and figures on hearing show there are more than 400,000 people in Ireland with some form of hearing loss. 20% of people aged 50 years and older experience a disabling hearing loss (225,000 people in Ireland), while 44% of people aged 70 years and over experience a disabling hearing loss (145,000 Irish adults). Today, more and more people are suffering from noise-related hearing loss resulting from their jobs or from listening to music too loudly on MP3 players. This coupled with our ageing population, means that the number of people with hearing difficulties is set to rise dramatically in the coming years.

**M**ost hearing loss means being unable to hear certain sound frequencies. You may miss parts of words during conversations, or feel that the other person is mumbling. There are three main kinds of hearing loss:

1. **Conductive** – caused by disorders of the outer and / or middle ear. This can sometimes be improved medically or surgically.
2. **Sensorineural** – a combination of hearing loss from problems with the inner ear, and abnormalities of the auditory neural pathway. Most sensorineural hearing loss is permanent, and generally corrected by hearing aids.
3. **Mixed** – a combination of conductive and sensorineural hearing loss.

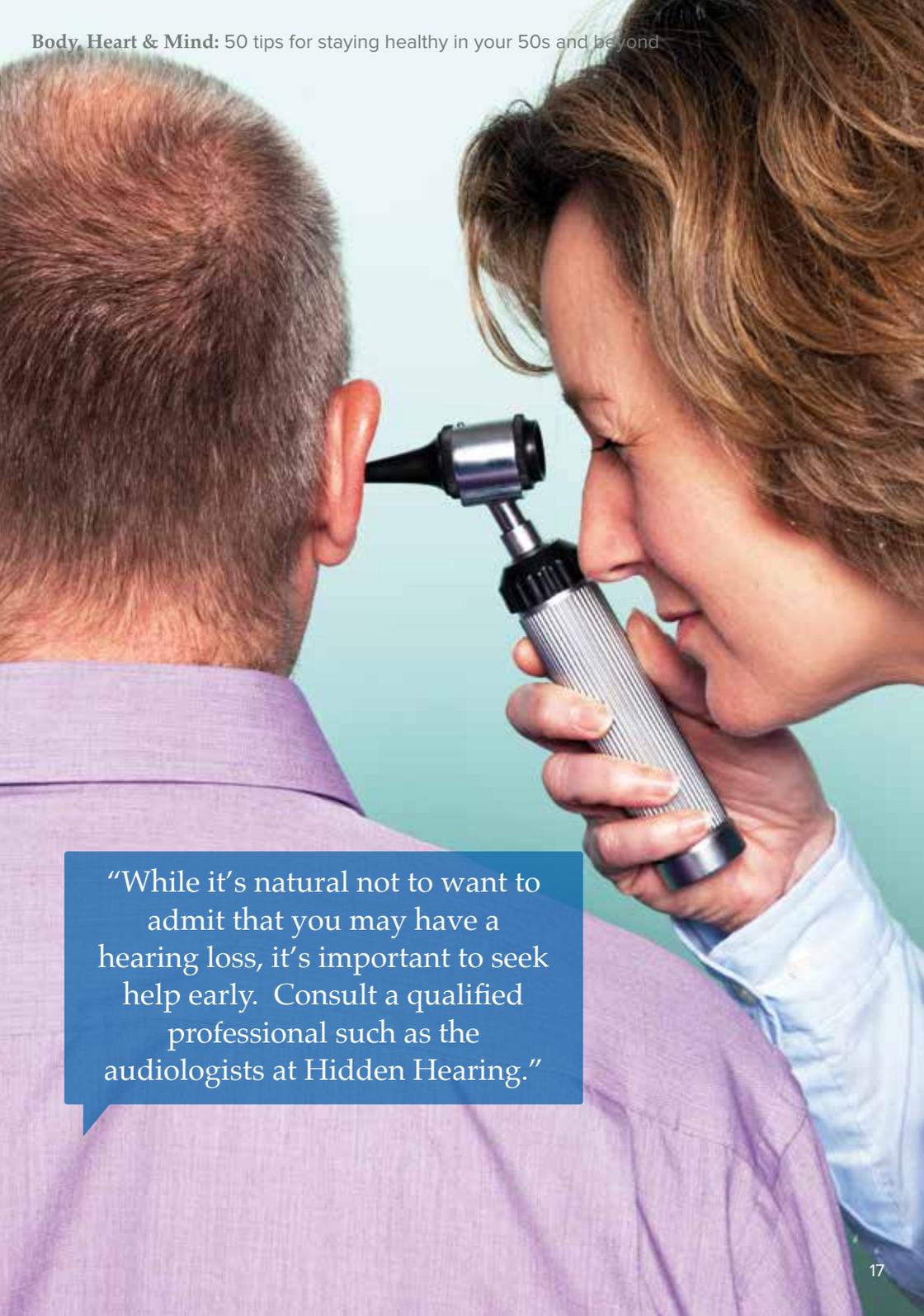
**Tip 34** While it's natural not to want to admit that you may have a hearing loss, it's important to seek help early. Consult a qualified professional such as the audiologists at Hidden Hearing.

**More information** 

**Hidden Hearing**  
[hiddenhearing.ie](http://hiddenhearing.ie)



**Tip 35** Following a full hearing assessment, treatment and hearing devices are readily available from a variety of sources. You can access via your GP and through the HSE or through a Hearing Care specialist such as Hidden Hearing, who often have immediate availability and have a wide range of solutions available.



“While it’s natural not to want to admit that you may have a hearing loss, it’s important to seek help early. Consult a qualified professional such as the audiologists at Hidden Hearing.”



“Evidence shows that maintaining and diversifying your social connections, whether it’s face-to-face or through new technologies, can substantially influence your emotional and physical wellbeing.”

## Staying connected

As you grow older, it's easy to become set in your ways thus potentially reducing the range and quality of connections with your friends and family – particularly if you move into retirement accommodation where most of the residents are around your own age.

**Tip 36** Evidence shows that maintaining and diversifying your social connections, whether it's face-to-face or through new technologies, can substantially influence your emotional and physical wellbeing.

**Tip 37** If you are beginning to feel isolated, consider expanding your social horizons by enrolling in a community class, where you'll meet people of all ages and learn a new skill into the bargain. Or enquire about volunteering to help younger people.

**Tip 38** Information technologies provide a great way to stay connected with friends and family you don't get to see often enough. According to the Central Statistics Office, 78% of households have internet access. Irish people are more likely to access the internet through their mobile devices more than users in other countries.

And there are good reasons why. The internet is a gateway to a seemingly limitless array of information and potential social connections. It enables you to access 'social networking' sites like Facebook, Google Plus, Twitter and YouTube.

Whether you know next-to-nothing about computers, or you'd like more guidance on the internet and social networking, adult education and community centres offer low-cost courses that can help. These courses can also alert you to the potential pitfalls of being online, such as security threats and money scams, so you can handle them with confidence.



### Feeling blue?

#### Speak up, for your health's sake

**Tip 39** Everyone experiences low points in their lives; it can happen at any age. But if a change in mood or physical symptoms continues for more than two weeks, there's a risk it could spill over into anxiety and depression. That's when it's healthy to speak up and ask for help.

According to helpguide.org the changes that often come in later life – retirement, the death of loved ones, increased isolation, medical problems – can lead to depression. Depression prevents you from enjoying life like you used to. But its effects go far beyond mood. It also impacts your energy, sleep, appetite, and physical health. However, depression is not an inevitable part of aging, and there are many steps you can take to overcome the symptoms, no matter the challenges you face.

More information 

Helpguide:  
[helpguide.org](http://helpguide.org)

## Maximum independence

Many people want the sense of familiarity, security, dignity and independence that comes with staying in the family home as long as possible in their later years. This is absolutely understandable and desirable. Remaining in a neighbourhood with residents of all ages may make it easier to stay in touch with the broader community than if you lived in a retirement village or aged care facility.

**R**ealistically though, the home that's so familiar and comfortable while you're still healthy and mobile may become harder to inhabit if you eventually experience age-related illness or injury. Will you be able to get up and down stairs? What about gardening, housework and property maintenance?

**Tip 40** If you want to stay in your own home for the longer term, it's worth thinking ahead to a time when you may find it harder to look after yourself.

Government, private and community-based organisations provide a wide range of options to help older Irish based residents stay independent.

**Tip 41** Citizen information and Age Action provide a whole range of information about care homes that are available and how to tackle a number of tricky issues that may come up. They cover topics which range from making a decision about going to a home, types of care home, questions to ask when choosing a home and problems and complaints.

Another good source for information and helping you take the decision is Retirement Services who also provide lots of information to enable you to make the right choices and include a section on the regulatory bodies that control the care homes.



**Tip 42** Good eyesight and regular exercise are important factors in preventing falls. Refer back to our

'Sight' and 'Move it or lose it' section for tips.

### More information

**Citizen information:**  
[citizensinformation.ie](http://citizensinformation.ie)

**Age Action:**  
[ageaction.ie](http://ageaction.ie)

**Retirement Services:**  
[retirementservices.ie](http://retirementservices.ie)



“Good eyesight and regular exercise are important factors in preventing falls.”

# You look simply great!

## (You don't need to run past your mirror)

We hope that by taking up some of the tips in this booklet and seeking professional help where appropriate, you'll feel ready to approach the years from 50 and beyond with energy and confidence.

**N**ow, all that remains is to ensure that you look as terrific as you feel.

### Shoulders back!

**Tip 43** Poor posture such as rounded shoulders or a sinking chest can create the impression that you lack confidence. It can also restrict your breathing, and cause back and neck pain.

If you've developed poor postural habits from using a computer or sustaining an injury, for example, it may be worth considering the Alexander technique or Feldenkrais classes. They're designed to help you sit, stand and move the right way, with a minimum of effort.

"If you've developed poor postural habits it may be worth considering the Alexander technique or Feldenkrais classes."



### Dressed to kill

Whether you're a man or a woman, there are few things as unflattering as shapeless or outdated clothes.

**Tip 44** We're not suggesting you dress up to the nines if you're just popping down to the local shops – but tossing out what's unflattering and substituting a few stylish yet classic pieces can make a world of difference to the way you feel in your work or social life.

If you have clothes in good condition that you haven't worn for the last couple of years, donate them to a charity like the Oxfam or Cancer Research.

Finding clothes that suit your age, body type and lifestyle can be a challenge if you don't know where to start. You can find image consultancy companies in the Golden Pages. Some larger stores offer a personal shopping service.

**Tip 45** If you're budget-conscious, recycled clothing boutiques and charity retail outlets offer a low-cost way of updating your wardrobe.

**Tip 46** Tailors and dressmakers can often revamp outdated or ill-fitting clothes to give them a new lease of life - potentially a cheaper option than replacing them with new ones.

**Tip 47** Take a younger friend or relative for a 'try on only' shopping trip. Ask them what they think will update your look – you may find this the least expensive 'makeover' you've ever had!



## Hair apparent

The right hair cut and colour for your face shape and skin tone can shed years from your appearance and give your confidence a real boost. Many hair salons offer a complimentary consultation to suggest potential changes, so don't feel shy about changing stylists if you're not getting what you want.

**Tip 48** If you're a man and getting a bit thin on top, ask your stylist or barber about the most flattering cut and style for what you have left. We're laying odds they won't say that a comb-over is the way to go!

## The finishing touch

If you wear glasses, update your frames the next time you change your prescription. These days, competition between retailers means you can often get great deals.

Have a look at your shoes. If you haven't worn them in months, or they don't suit the clothes you'll be wearing after your wardrobe 'spring clean', throw them out. Scour recycled clothing boutiques, factory outlets or end-of season sales for more suitable replacements.

**Tip 49** Pay attention to grooming essentials such as brushing and flossing your teeth, washing your hair, scrubbing your nails and moisturising your skin (yes, even if you're a bloke).

**Tip 50** Even when you're not out to make a special impact with your appearance, keeping up the basics will remind you to take pride in yourself – and show others that entering your later years is no reason to 'let yourself go'.



### More information

**Feldenkrais Ireland:**  
[feldenkrais.ie/](http://feldenkrais.ie/)

**Alexander Technique:**  
[alexander.ie/](http://alexander.ie/)

# Enjoy the life you want to live!

At Hidden Hearing we aim to improve the quality of your hearing and most importantly your communication with your family and friends. Your hearing health is healthyly important with poor hearing affecting your personal relationships, quality of life, and even your ability to go about a normal day.

With over 25 years of providing hearing health care, our professional team provides a range of hearing services from hearing assessments to hearing aids to help you get your hearing back on track. So you can enjoy the life you want to live!

**Don't delay -**  
make an appointment for your  
**FREE HIDDEN HEARING**  
hearing assessment today.

Call us on:  
**FREEPHONE**  
**1800 370 000**  
or visit our website:  
**[hiddenhearing.ie](https://www.hiddenhearing.ie)**