



Challenge

Try one new thing

Healthy ageing starts with small steps. Here are simple things you can try today, on your own or with a coworker, to support your future health and wellbeing.

See how many challenges you can tick off

Move a little more

- Take a 10 minute stretch break at your desk.** Try one of these simple resets:
 - ▶ Shoulder rolls to release tension
 - ▶ Gentle neck stretches (look left, right, up, down)
 - ▶ Seated twist to loosen your back
- Turn an office meeting into a walking meeting:** Take your discussion on the move with a short walk around your building to boost energy and focus.

Learn something new

- Learn one new skill from a coworker:** Ask a colleague to show you something they do well such as a shortcut, a tool, or a technique you haven't tried before.
- Spend five minutes exploring a new topic:** Read an article, watch a quick tutorial, or start listening to a podcast on something you're curious about.

Connect with others

- Start one meaningful conversation today:** Take a moment to check in with someone, ask how they're going, share something you're working on, or talk about a hobby or interest.
- Invite someone to join you for a short break:** Take a quick walk, grab a coffee, or sit together for a few minutes.



Learn more and explore
resources at had.org.au

National Healthy Ageing Day is hosted by iLA, a for-purpose organisation, dedicated to empowering people and communities to live and age well.