

Your commitment

Healthy ageing is about living well at every stage of life. It's shaped by the choices you make each day to keep doing what matters most to you.

What's most important to you?

Write down the activities, hobbies, interests, or routines that matter to you.

What are your motivations for staying well as your age?

For example, spending time with family and friends, enjoying the outdoors, travelling, volunteering, or keeping up with favourite hobbies.

Choose one simple action to commit to

Visit the National Healthy Ageing Day website to explore ideas that can help you keep doing what matters such as:

- ▶ adopting a small healthy habit
- ▶ trying something new by joining a group or activity near you
- ▶ finding a new way to move or an exercise you enjoy

Write down one action you'll commit to today.



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.