



TAKE FIVE TO AGE WELL



Choose at least one action
from the list below:

EAT

- ☐ A good breakfast
- ☐ Less, more often
- ☐ Eat the rainbow



MOVE

- ☐ 3 walks
- ☐ 3 cardio bursts
- ☐ Standing each hour
- ☐ A strength builder



CONNECT

- ☐ Chat to friends
- ☐ Greet someone new
- ☐ Share a hobby



DRINK

- ☐ 6-8 cups water
- ☐ Less coffee/tea
- ☐ Less sugary drinks
- ☐ Less alcohol



THINK

- ☐ Do puzzles or games
- ☐ Learn something
- ☐ 3 mindful pauses



Tick off each day you complete your chosen action.

01	02	03	04	05	06
07	08	09	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

nQuire
EXPLORE YOUR WORLD

wels.open.ac.uk/take5

How to use this wall chart

Choose your daily goal from the list above. Tick off your goal each day you achieve it (if you miss a day, don't worry, just try again the next.) Start on whatever day in September you like, then at the start of the October go back to '1' and carry on until you've completed 30 days.

WHAT IS TAKE FIVE TO AGE WELL?

Take Five to Age Well offers five simple steps to a longer, healthier life. Launching on 1 September, you can join a UK-wide community making small changes in your daily routine for better ageing. You are committing to choose and keep up these healthy change(s) for 30 days throughout September. Developed by **The Open University**, this expert-led pledge includes everyday actions to help you live well for longer.

CHOOSE YOUR CHALLENGE

Research tells us that 70–80% of ageing rate is determined by environmental factors – many of which we can change; our actions below are evidence based to help you to stay strong, sharp, independent, and feeling good. Choose the action from the list you would like to make for your health, wellbeing and longevity. Use the chart overleaf to record each day you succeed. If you mostly stick to your new routine for 30 days you will be well on the way to making that change a habit.

QUESTIONS AND ANSWERS

Can I do more than one challenge?

Yes, make your pledge to work for you – you can choose any number of actions and adapt them to your level but remember this is something to do daily and so make sure it's attainable and measurable.

Can anyone help me with my challenge?

Tell your friends or family about **Take Five to Age Well** and ask them to sign up too – we know that it's easier to do with someone else and whatever someone's age this is beneficial.

HELP OUR RESEARCH PROJECT

We'd love to find out how **Take Five** is working for you. If you have signed up through our nQuire website then you should receive a short questionnaire that will contribute to science and help us improve **Take Five to Age Well** for future years. Any questions, contact us by email: ageing-well-pledge@open.ac.uk or visit wels.open.ac.uk/take5

EAT

1. **Breakfast:** have a nutritious breakfast every day.
2. **Less, more often:** eat small portions more often over the day.
3. **Eat the Rainbow:** eat at least 5 portions of fruit and vegetables a day.

CONNECT

1. **Connect:** call or meet a friend or family member for a chat every day.
2. **Know your neighbours:** get to know your community and try to speak to someone every day even if it is just to say hello.

3. **Share a hobby:** take up a hobby and maybe share it with others.

DRINK

1. **Water:** drink 6–8 cups of water every day.
2. **Less caffeine:** limit your number of cups of tea and coffee per day.
3. **Squeeze the juice:** reduce fruit juices and fizzy drinks to only special occasions.
4. **Bust the booze:** limit your alcohol intake to no more than 14 units a week.

THINK

1. **Learn:** learn or do something new and maybe share with others.

2. **Play:** do puzzles and play games every day.

3. **Be mindful:** pause and take notice of your surroundings for at least 1 minute, 3 times a day.

MOVE

1. **Walk:** walk for at least 15 minutes, twice a day.
2. **Power:** do 3 short (6–10 mins) bursts of cardio exercise every day.
3. **Stand:** Get up and move for 5 or more minutes every hour through the day.
4. **Strength and flex:** follow a free short (15–20 mins) online exercise video once a day.