



What is Ageing?

Ageing is a process of accumulating experiences, enriching our lives through knowledge and physical skills.

This acquired wisdom gives us the potential to make sensible and beneficial decisions about ourselves.

The fullness and richness of our remaining years is in our hands. Barring accidents and disease the quality of our golden years is resolved primarily by ourselves. The more we control our lives the more enjoyable the remaining years can be.

The degree of independence we have in our lives is directly related to how active we are in body, mind and spirit.

In spite of some decreases in efficiency and capacity with increasing age, a relatively high level of physical and mental function can be maintained for years.

We have a choice: a choice to give up our independence and fade away or to control and maintain vigorously active lives, fully enjoying our remaining years. Use it or lose it is a rule that applies to our bodies and minds. It is even more significant as we age since we gradually lose intellectual and physical capacity with increasing years.

Keeping mentally and physically active reduces the rate at which we lose our functions and enable us to more fully enjoy and increase the quality of the golden years of our life.

If ageing is making life difficult and you need help to improve your physical activity, diet or need help to remain independent, here at Therapy Professionals our friendly therapists can help. They are experienced helping people who are ageing and have age related disabilities, to maintain their independence and quality of life. Just contact Therapy Professionals Ltd.

Phone: 03 377 5280. **Email:** admin@tpl.nz **Website:** www.therapyprofessionals.co.nz

We can help, we come to you.

Reference: Healthy happy ageing – a positive approach to active living, Yvonne Wagorn, Sonia Théberge, William A. R. Orban

