

## Healthy Bites episode - Keeping active at home

Hi, I'm Mitch from Central Coast Health Promotion, and today I'd like to talk about the best ways to keep active at home.

Keeping active is vital for older adults' physical and mental health.

As we grow older, we may become less active, meaning our muscles can lose the strength we need to keep us safe and on our feet.

That's why it's really important to remain as active as possible, even while at home. There are lots of things we can use around the home to give our muscles and minds the workouts they need.

Things like sitting and standing up from a chair repeatedly and lifting your knees or heels while holding on to benches for support will all help your strength and balance.

And for our mental health, staying connected with friends, family and neighbours will do wonders.

Using apps and having video chats is great way to stay connected if you can't do so in person. So is a phone call or a text.

Try sending a friend a puzzle or jigsaw to solve, or take up activities like drawing where you can share – and laugh – at your efforts. All of these are good for keeping our brains active.

Remember, sunshine and fresh air is important for our mental health as well as bone strength. You could go out for a walk, or even just sit outside in your front or back yard. It will all help.