

Use Simple Insights To Make The Best Of Your Longevity

How we age – physically and mentally - is highly variable. To age more successfully, we can focus on specific things that we can reasonably look to sustain or improve. This is important at any age.

Our own SHAPE analyser results and our longevity plan provide the framework for that focus. Feeling more in control lifts our self-esteem, which studies show is an important predictor of more successful ageing. To support our personal focus, there are some more general insights.

Staying socially connected and engaged

Isolation is toxic for people. Maintaining engagement and interacting with other people are necessary elements for success at any age. Having an active purpose is an important part of this – through personal learning and contributing to discussions and outcomes. For some this can be through paid work, for others through volunteering or through purposeful social groups.

Maintaining physical activity

Moderate physical activity within the limitations of our bodies is a consistent requirement of better ageing. Being unnecessarily sedentary is just not good for us. While some of us shrink from physical goals, simply having a goal to regularly engage in forms of exercise that we can reasonably sustain is important – then seeking to somewhat improve over time if possible.

Challenge our brain

Many older adults maintain cognitive skills, some of which can improve. This comes about because our brain adapts by responding to challenges, forming new pathways. Coupling this with being able to access a growing lifetime of experiences means we can expect to find useful solutions to new challenges – although perhaps somewhat more slowly over time. It's increasingly apparent that continuing to challenge our brains is vital – just as we need to do in maintaining our physical fitness.

Commit to the journey

These three insights support the growing expectation that many of us can continue to improve with age for much longer than expected – at any age. To do so requires us to commit to the journey. The good news is that if we do so, we have the potential for a better longevity.

It's a good idea to update your SHAPE Analyser results regularly - why not do one now?

Try your free upgraded
SHAPE Analyser now