

# HEALTH AND NUTRITION FOR THE ELDERLY

**TO LIGHT UP THE LIFE DURING OLD AGE,  
ADOPT PROPER HEALTH AND NUTRITION CARE**

## WHY DO ELDERS REQUIRE ADEQUATE HEALTH AND NUTRITION CARE?



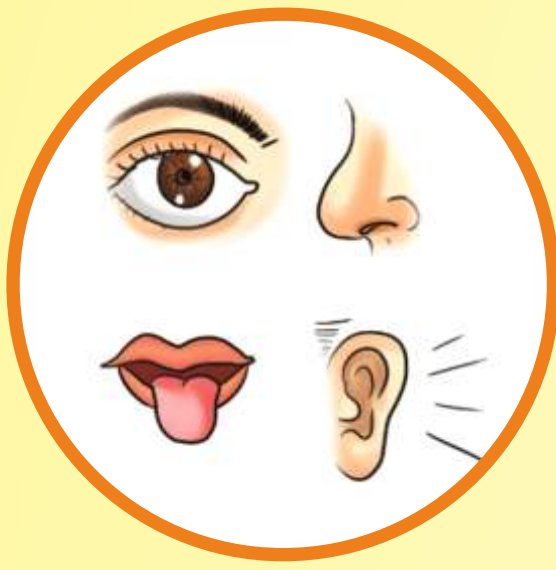
**Weakness/poor health**



**Loneliness**



**Reduced/no income**



**Reduced sense of  
vision, taste, smell,  
hearing etc.**



**Medication**

## LIFE STYLE MANAGEMENT FOR THE ELDERLY



**Adopt a healthy lifestyle – balanced  
diet, exercise, stay happy, sleep well**



**Adopt stress  
management techniques  
– meditation, yoga**



**Go for regular  
health check-ups**



**Do not self-medicate**



**Avoid smoking,  
consumption of alcohol,  
tobacco chewing**



**Socialize and be part of  
community and SHG  
groups, attend events**

**Ageing is a natural process. You can be healthy and happy  
with little care and effort.**

**For more information, contact Self Help Group member of your area.**

