

Eat well and exercise regularly.

New experiences will enhance your life.

Join groups, meet friends and socialise.

Own your life and be positive.

You matter, whatever your status or ability.

Age is only a number, it's what you do that matters.

Goals are achievable, set realistic challenges.

Enjoy life to the full, pace yourself and have fun.

Independence is important - plan, know your limitations and ask for help when needed.

Never say 'no' without trying, there is always a way.

Grow old without ageing.