Ageing is not a cause of major problems till the 90s. But it does affect maximum ability and resilience.
There are three other processes that cause the problem
THE TURNING POINT

Best possible rate of decline
Best possible rate of decline due to ageing alone

**ABILITY**

**AGE**

**BEST POSSIBLE RATE OF DECLINE DUE TO AGEING ALONE**

- Ordinary citizen
- Professional Athlete
The first of which is loss of fitness
Pulse rate of unfit person

Pulse rate of fit person

Exercise
Rate of decline after onset of heart failure

Best possible rate of decline after onset of heart failure

Rate of decline after onset of heart failure

THE SECOND PROCESS IS DISEASE AND THE FIT TEX S GAP OFTEN GETS WIDER FASTE AFTER THE ONSET OF A LONG TERM CONDITION, AND MAY DRAG THE PERSON BELOW THE LINE
The Line
THE LEVEL REQUIRED TO GET TO THE TOILET IN TIME

ABILITY

AGE

THE TURNING POINT

THE FITNESS GAP

Best possible rate of decline after onset of heart failure

Closing the fitness gap after onset of heart failure

ONSET OF HEART FAILURE
The third factor is negative thinking, based on the wrong beliefs and pessimistic attitudes.
Live Longer Better

UNDERSTAND AGEING

PREVENT & TACKLE DISEASE

THINK POSITIVE

REGAIN FITNESS physical, cognitive & emotional
Share Your Warmth Campaign

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Risk factors are: depression, isolation, loneliness

A big thank you to our knitters of 2019

Nominations Open: The Oxfordshire Care Awards 2020 - Inspiration for All!

Staying Well This Winter

It's your time to shine!
Carry on with what you have been doing – Mediterranean diet, be careful about alcohol etc but there is a new agenda

• Get even fitter to increase strength, stamina, skill and suppleness so
  every year do even more! and
  every diagnosis do even more!
• Reduce your risk of dementia
• Do even more for other people and strengthen your sense of purpose
SO WE NEED everyone to become more active

activity to be done in groups for increased emotional wellbeing, preferably face to face but also using VR

the groups to have a social purpose wherever possible, for example to raise money for Cancer Research or to promote tree planting to mitigate climate change

AND
SO WE NEED everyone to become more active

activity to be done in groups for increased emotional wellbeing, preferably face to face but also using VR

the groups to have a social purpose wherever possible, for example to raise money for Cancer Research or to promote tree planting to mitigate climate change

And

for the groups to compete with one another