

## Positive Health Suggestions to Ageing Population

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### Abstract

Old age often brings energy loss, disease, meaninglessness, and many external problems. The nerves get weaker, and the inner positive declines. "POSITIVE ageing" is a term used to describe the process of maintaining a positive attitude, feeling good about yourself, keeping fit and healthy, and engaging fully in life. Many bodily changes are a natural part of aging, but they don't have to slow you down. What's more, there's a lot you can do to protect your body and keep it as healthy as possible while maintaining your physical health is important to healthy aging, it's also key to value the experience and maturity you gain with advancing years. Practicing healthy habits throughout your life is ideal, but it's never too late reap the benefits of taking good care of yourself, even as you get older. Yoga Walking is your daily pilgrimage into the light. If you really pilgrimage, the pilgrimage will you turn into a god of happiness. Go first rather quickly (power walking) and at the end rather slowly (slow walking). Yoga Walking is enlightenment while walking. This is the ultimate kick. This is health training, stress reduction and inner happiness in one.

### Introduction

**H**ow do you lead a happy life in old age?

Old age can be a time of self-fulfillment and happiness. But it must be lived properly. ...

1. Practice the five principles of health. ...
2. Do sports every day for one hour. ...
3. Read a spiritual book one hour a day. ...
4. Do yoga and meditation every day for one hour. .
5. Have a hobby. ...
6. Have some friends. ...
7. Don't fear of dying.

**1. Practice the five principles of health.** Healthy eating (raw vegetables and fruit every day), avoiding unhealthy substances (drugs, alcohol, smoking, too much eating), doing sports (walking, jogging, swimming, yoga), positive thinking and meditating.

**2. Do sports every day for one hour.** Go walking, jogging, swimming, cycling, or do intensive yoga. Visit a health center or have an exercise bike. Sweat once a day and the illness goes away.

**3. Read a spiritual book one hour a day.** There are many good books who can inspire you on your way of inner happiness. Reading is the best trainer for a positive mind. Control your negative thoughts. Find positive sentences. Start every day with a positive vision.

#### 4. Do yoga and meditation every day for one hour.

Awaken your enlightenment energy. Calm your mind and he becomes positive. Find the spiritual exercise which are helpful for you. You can have every positive religion or philosophy you want, but you must practice it to get bliss.

**5. Have a hobby.** Life becomes positive, if we live with a deeper goal like enlightenment, God or doing good. Live as a world saver and help every day with your possibilities. Find your place and your task of doing good. Live in the energy of love. Do so much good that you get the feeling, that you are a mother or father of the world.

**6. Have some friends.** You can find friends in the internet, in spiritual and in social organisations. Meet one or more people regularly. Have a nice time together. Life is happy, if we have some friends.

**7. Don't fear of dying.** Your spiritual exercises will help you to get through. Meditate, pray or think a mantra (Om, the name of an enlightened master or of God). After your death you will earn the great benefit of your spiritual old age. You will go into a dimension of light, peace and love.

**8. Motivate yourself every day.** In the old age thinking normally becomes negative. It isn't easy to get the motivation to do spiritual exercise every day.

Find a way to get the power to live a positive life. Start the day with spiritual music or reading.

Yoga Walking is enlightenment while walking. This is the ultimate kick! This is health training, stress reduction and inner happiness in one. Yoga Walking is your daily pilgrimage into the light. If you really pilgrimage, the pilgrimage will you turn into a god of happiness. Go first rather quickly and at the end rather slowly.

1. When walking, stomp your anger into the ground. Let all the pent-up anger out. Think the mantra "Anger, Anger, Anger ..."
2. Solve them when walking your sadness. Feel in your sadness inside. What makes you sad today? Think several times the mantra: "I'm sad because ..."
3. Shoulders rotate. Solve the tension in your shoulders and your neck. In what way do you have to move the shoulders so that you achieve a good effect?
4. Spine rotation. Turn yourself when walking several times in the spine to the right and to the left. Also turn the head with.
5. Massage a healing color from head to foot in your body, and think the color name as a mantra. What color do you need now? "Orange, blue, gold, pink, red ..."
6. Concentrate when walking on the ground. Feel the earth. Think the mantra "Earth" and breathe a minute into your feet.
7. Imagine the numbers 1 to 20 in the head, chest, abdomen, legs, feet, and the ground (beneath the feet). Solve like so every day quickly and effectively the tensions in all major areas of the body.
8. Visualize a beautiful sun in the sky and clothe yourself with a golden ray of sunshine. Fill you with light and think many times the word "Light" as a mantra.
9. Stop all thoughts. Move five minutes when walking all the stress out of you, until your mind becomes calm.
10. Never give up. Your sense of life is to be happy, healthy and enlightened.

Healthy aging tips that are good advice at any stage of life:

**Here are some of the common ones:**

•**Your bones.** Bones can become thinner and more brittle in old age, especially in women, sometimes resulting in the fragile bone condition called osteoporosis. Thinning bones and decreasing bone mass can put you at risk for falls that can easily result in broken bones. Be sure to talk with your physician about what you can do to prevent osteoporosis and falls.

•**Your heart.** While a healthy diet and regular exercise can keep your heart healthy, it may become slightly enlarged, your heart rate may lower, and the walls of the heart may thicken.

•**Your brain and nervous system.** Getting older can cause changes in your reflexes and even your senses. While dementia is not a normal consequence of old age, it is common for people to experience some slight forgetfulness as they get older. Cells in the brain and nerves can be damaged by the formation of plaques and tangles, abnormalities that could eventually lead to dementia.

•**Your digestive system.** As you age, your digestive tract becomes more firm and rigid, and doesn't contract as often. This change can lead to problems such as constipation, stomach pain, and feelings of nausea; a better diet can help.

•**Your senses.** You may notice that your vision and hearing aren't quite as sharp as they once were. You may start to lose your sense of taste — flavors may not seem as distinct to you. Your senses of smell and touch may also weaken. Your body is taking longer to react and needs more to stimulate it.

•**Your teeth.** The tough enamel that protects your teeth from decay can start to wear away over the years, leaving you susceptible to cavities. Gum disease is also a concern for older adults. Good dental hygiene can protect your teeth and gums. Dry mouth, which is a common side effect of many medications that seniors take, may also be a problem.

•**Your skin.** With old age, your skin loses its elasticity and may start to sag and wrinkle. However, the more you protected your skin from sun damage and smoking when you were younger, the better your skin will look as you get older. Start protecting your skin now to prevent further damage, as well as skin cancer.

•**Your sex life.** After menopause, when menstruation stops, many women experience physical changes like a loss of vaginal lubrication. Men may experience erectile dysfunction. Fortunately, both problems can be easily treated.

Here are some healthy aging tips that are good advice at any stage of life:

1. Stay physically active with regular exercise.
2. Stay socially active with friends and family and within your community.
3. Eat a healthy, well-balanced diet — dump the junk food in favor of fiber-rich, low-fat, and low-cholesterol eating.
4. Don't neglect yourself: Regular check-ups with your doctor, dentist, and optometrist are even more important now.
5. Take all medications as directed by your doctor.
6. Limit alcohol consumption and cut out smoking.
7. Get the sleep that your body needs.

Finally, taking care of your physical self is vital, but it's important that you tend to your emotional health as well. Reap the rewards of your long life, and enjoy each and every day. Now is the time to savor good health and happiness.

### **Staying connected**

Social interaction and relationships with others are associated with positive ageing and feeling optimistic about life. Maintaining social networks through membership of clubs, engaging in voluntary work and keeping in touch with family encourages interaction with others, prevents isolation and promotes good mental and physical health.

### **•Stay physically active**

At least 30 minutes of movement or exercise every day. Aerobic exercise is good for us and aids brain function in older adults while strength training is good for bones, muscles and joints. Physical activities help keep us active and feeling good in general. Exercising outdoors can also provide social interactions and friendships. Everyone's health is different so be sure to check with a health professional before engaging in any physical activity.

### **•Exercise your brain**

Engage in mentally challenging activities and never stop learning new things. Embrace what

you love and seek opportunities to exercise your mind through reading, writing, conversation and debate. Try to engage in activities which require our brains to do some thinking. Simple activities such as reading a book, doing sudoku or crosswords puzzles, etc. can keep our brains to stay alert.

### **•Adopt a healthy lifestyle**

By this time in our lives we have heard this message a million times but healthy eating, moderate sleep, good weight management and no smoking or drinking can help you to feel fresh and energetic to take on the challenges of the day.

### **•Stay connected to other people**

Treasure and nurture the relationships with your spouse or partner, your family, friends and neighbours. Reach out to others in your community, including the young people. Stay involved with news and latest developments, engaging a positive community attitude. Everyone has a world of their own. However, maintaining social interactions and relationships can help you feel more optimistic about life. Other people matter.

### **•Create positive emotions for yourself**

Experiencing positive emotions is good for your body, your mental health, and for how you relate to the world around you. Practice positive emotion exercises and learn to feel good about your age. Being optimistic and feeling good about yourself can help you to cope with its challenges.

### **•Don't sweat the small stuff**

Accept what you cannot do and ask for help. Don't worry too much; most people enjoy helping. Don't be too rigid in your ways, keep flexible and go with the flow.

### **•Set yourself goals and take control**

It is important to have goals in life and to take control to achieve them. Being in control of your actions gives you a sense of mastery and leads to accomplishments that you can be proud of, giving you a sense of purpose and meaning. If you are able to control important aspects of your life, you are one step closer to achieve positive aging.

### **•Minimise life stress**

Stress is a part of everyone's life, and it's very natural. Stress can affect our lives negatively, depending on the kind of stress it is. We won't be able to prevent stress completely, but we can manage

it so it doesn't affect our lives too much. Learning how to cope with stress can promote positive aging. A great way to control or even eliminate stress is to practice mindfulness. Try to minimise your stress- Learn to unwind, relax and "smell the roses".

•**Have regular medical check-ups**

Take advantage of health screenings and engage in preventive health behaviour. Many symptoms and illnesses are managed successfully by taking charge of your and your partner's health.

**Conclusion**

Health play important role in children, adult, aged peoples. Especially in ageing population maintenance of health is very important. Many bodily changes are a natural part of aging, but they don't have to slow you down. What's more, there's a lot you can do to protect your body and keep it as healthy as possible while maintaining your physical health is important to healthy aging, it's also key to value the experience and maturity you gain with advancing years. Practicing healthy habits throughout your life is ideal, but it's never too late reap the benefits of taking good care of yourself, even as you get older. Practice the five principles of health. Healthy eating (raw vegetables and fruit every day), avoiding unhealthy substances (drugs, alcohol, smoking, too much eating), doing sports (walking, jogging, swimming, yoga), positive thinking and meditating.

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