Retirement Fit: Resilience, Health and Wealth

Allianz Retire+
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Part 1: Dr Ginni Mansberg

Separating fact from fiction when evaluating health information	Tips for getting a good night's sleep	Finding 'Balance' in our lives	4 things that can help prevent or delay the onset of dementia	The best news of all....Coffee is good for you
• If it sounds too simple/ too good to be true....it probably is • The system and government aren't keeping vital life saving treatments away from you. Science and medical trials take time • There is no silver bullet for diet & exercise. The best programs are those that work for you. And remember, if you do slip up get back up again	There is no magic formula for sleep but these tips will help: • Make adequate time for sleep and turn off all screens, ie. computers, phones etc (blue light is not good for sleep) • Use Melatonin, your inbuilt sleep hormone, to your advantage. It's switched on by the dark and turned off with sunlight • And what a lot of people don't know – low carb foods can help. Hence, the glass of warm milk before bed.....	• Short term relaxation wont make you happy – it's temporary. Instead focus on things that provide awe and wonder, eg. a view, an animal documentary, nature etc. Studies show these bring happiness and contentment to our lives • Be cognisant of the mood you project as it rubs off on others. If you are happy and confident – your clients will be too	While socialising, getting out and about and tackling new cognitive challenges all help, it essentially boils down to: 1. Regular exercise 2. Adequate sleep 3. Minimising alcohol intake (recommended no more than 2 standard {100ml} drinks for a maximum 5 days a week) 4. Balanced diet	• Studies show coffee intake can potentially reduce the risk of: heart attack, stroke, heart failure, type 2 diabetes, cirrhosis of the liver, cardiovascular disease, gout, depression, parkinsons disease, uterine and liver disease • It can also extend life expectancy • Between 2-6 coffees a day, even a short black, can be a healthy move!