

## THEME 5: FIT AGING

# Hi there, I am Max!

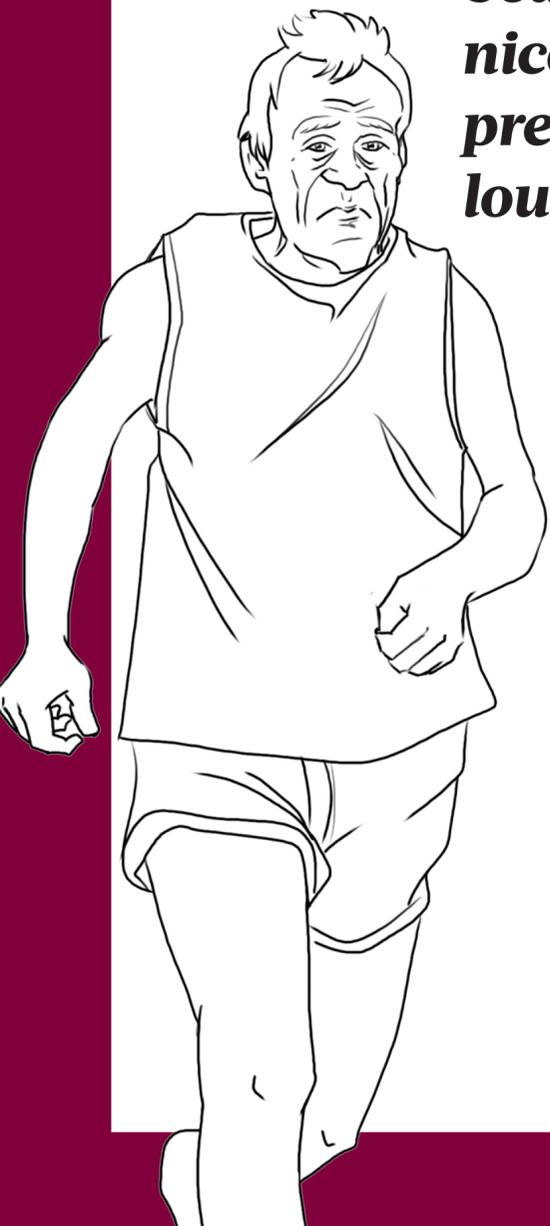
I work out every day to stay fit. I swim once a week and go to the gym three times a week. Earlier I used to play tennis, but lately I haven't had anyone to play with. I enjoy exercising and I think it has kept me feeling much younger than I actually am. Sometimes I wonder how it's possible that I am already eighty-six years old. I don't feel like it. When I was fifty I had a stroke. It made me realize in a radical way what an unhealthy lifestyle I had for a long time. I was overweight, stressed out and tired all the time.

Many of my friends have lost their appetite and don't eat enough. Now I try to take good care of myself on every level. I try to eat lots of

fruits, vegetables and fish. I believe sports have helped me also to keep on eating almost as I used to. I think the positive effects don't even stop there. I believe that my mind is actually one of my muscles that needs work out of its own as well. And when I keep my body fit my mind also feels more clear.

In my opinion all people should start exercising regularly at the latest when they turn fifty. People of all age need more support in getting themselves in better physical condition. I encourage my friends to come to the gym with me because I think they could definitely benefit and also enjoy it.

**“I don't know if it helps, but I have memorised hundreds of poems. Some of them are really beautiful and it's nice to be able to present them out loud.”**



## DESIGN DRIVERS KEEP THESE IN MIND

### 1. SUPPORT AND ENCOURAGE AN INTEREST TO EXERCISE

Exercising is often a social affair. Help people like Max encourage his peers to exercise by building or helping to build support networks.

### 2. OFFER DIFFERENT WAYS TO EXERCISE THE BRAIN

Not everyone is as creative when it comes to training the memory and challenging the brain. Crossword puzzles seem to be a usual brain exercise, but there could be others suitable for different seniors.