

# LIVE LONGER BETTER WITH THE RAMBLERS

Sir Muir Gray, President of Oxfordshire Ramblers, tells us how we can live longer, better with the Ramblers. View the video by clicking on the following link:

[Live longer, Better with the Ramblers - Sir Muir Gray](#)

## START PLANNING TO LIVE LONGER BETTER

Billions of pounds and dollars are being invested to find a drug that can slow the ageing process, an elixir of life, but so far without success. What most people want however is not an increase in life expectancy but an increase in healthy life expectancy and a reduction in the period of time at the end of life when one is dependent on others for the most basic tasks such as getting to the toilet on time. The normal biological process of ageing has not yet been slowed. But don't be down-hearted the interpretation of the science by the Oxford Longevity Project is that the biological process of ageing is not a cause of major problems till the late 90s, although you need a bit of luck to avoid the diseases such as Parkinson's, that we cannot prevent or delay. There are in fact three other processes that cause the problems:

- Loss of fitness, physical and mental
- Disease, much of which is preventable being caused by modern risks such as diet and inactivity, and the disability that results is usually complicated by accelerated loss of fitness
- Social factors notably deprivation and negative attitudes – ageism

Fortunately there is evidence from research evaluating methods designed to influence the other three factors that these can be influenced which proves that life expectancy and healthy life expectancy can be increased even though the ageing process cannot be influenced. Even the risk of dementia can be significantly reduced.



The key is to minimise risk of disease and maintain, or increase, physical, cognitive and emotional activity also to not only to prevent disease but also to minimise the impact of disease if you do develop one, or even more than one, long term problems.

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The science is clear and the evidence is strong that we can live longer better. Effective health services have a very important contribution but the key factor is what each of us does not only to increase our own healthy life expectancy but also to influence the environment in which we live as a community. It is sensible to assume that you will reach 90 because by taking action you can increase the likelihood that you will not only do so but also reach it in good nick!

The aim of this workshop is firstly to give you the knowledge about what we now know about what happens to us as we live longer, and what can be done to influence our chances of living long better. The second aim is help you start the process of putting this knowledge into action by:

- Explaining that the four aspects of physical fitness can be increased at any age no matter how many diseases you may have
- Emphasising that almost all of the chronic diseases, including dementia, can be delayed or prevented
- Describing how the onset of a long term condition is almost always followed by accelerated loss of fitness
- Explaining that the pressures of the physical and social environment are more influential than your genes

So, time to learn [how to Live Longer Better](#) and starting planning for your future and one thing you can be sure of is that the Ramblers is a very good community. Take a look at the Personalised Plan at [www.oxfordlongevityproject.org](http://www.oxfordlongevityproject.org) and start filling it in.

| THE OXFORD LONGEVITY PROJECT PLAN FOR LIVING BETTER FOR LONGER                                                      |                 |                                                      |
|---------------------------------------------------------------------------------------------------------------------|-----------------|------------------------------------------------------|
| STRATEGY                                                                                                            | PERSONAL ACTION | COMMUNITY ACTION<br>Improving everyone's environment |
| Understanding Ageing and developing a positive mindset                                                              |                 |                                                      |
| Getting fitter, physically, cognitively and emotionally (and get younger by regaining lost ability - drop a decade) |                 |                                                      |
| Preventing and, if necessary, managing disease better                                                               |                 |                                                      |
| Improving your environment                                                                                          |                 |                                                      |

You could for example put in a plan to double the number of walks you join in the year to come, and you could put that in the row focused on preventing disease. You could also put in the row focused on 'improving your environment' your intention of becoming a Volunteer!

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## SOURCES OF KNOWLEDGE

- [www.livelongerbetter.uk](http://www.livelongerbetter.uk) – the NHS system
- [www.howtolivelongerbetter.net](http://www.howtolivelongerbetter.net) – practical advice
- [www.reducetheriskandimpactofdementia.com](http://www.reducetheriskandimpactofdementia.com) – how to reduce your risk of dementia
- [www.drgrayswalkingcure.net](http://www.drgrayswalkingcure.net) – the benefits of walking
- <https://www.learningwithexperts.com/collections/health-wellbeing-courses> - learning in a group