

three
quarter
time



Overview of
Series 3
Weekly Podcasts –
OUT'n'ABOUT
by Petra
Taylor-Smith

10 more
fun
Lifestyle
Topics of
Interest to
'Over 50's
Health and
Happiness'
Seekers

'MAKE IT COUNT'





Benefits of Leisure Time



We are all aware that leisure time is time when one is not working or occupied with chores or something. In other words, 'free time' to rest, relax and enjoy life. It's not difficult to imagine the many benefits of this opportunity, to do the things one enjoys, and to rejuvenate.

From the age of 50, many people feel that leisure is a high priority in their lives since they've generally been working for a considerable amount of their life and many wish to prioritise taking it a bit easier on a more regular basis. The ways that people choose to spend this time are many and varied. For example, picnics, scenic drives or walks, watching movies, playing music, dining out, catching up with family and friends, and taking holidays.

The good thing about leisure time is that it can be spontaneous or planned; enjoyed over a short or long period of time; and is completely open to an individual's preference. It offers an opportunity for self-discovery and to follow your passions, to share time with others, and generally enhances one's health and happiness in life.

WHAT GOOGLE SAYS ABOUT ...

Benefits of Leisure Time

- * Stress Reduction – Relaxation – Quality Sleep
- * Creation of New Social Relationships - Bonding
- * Develops Personal Development – Enjoyment - Passions
 - * Physical Growth - Enhanced Immune System
- * Improved Self-Esteem – Psychological Well-being
- * Mental Stimulation – Memory – Problem Solving
 - * Community – Harmony - Connection
- * Environmental – Preservation - Protection
 - * Economic – Reduction - Improvement
- * Longevity - Purpose

Preferred Activities for Fitness



Fitness is a personal topic. We all know that it's important to our health and there are elements to it that are particularly relevant to healthy ageing, eg. good core strength, flexibility and balance, as well as cardiovascular health. Added to this, many of us don't quite have the energy we once did, so the pace at which many of us perform our fitness activities is somewhat reduced as we age. Ever since I was a child I've loved playing sport and being involved in regular exercise, but now that I'm in my 50's, I've discovered that my preferred fitness experiences include yoga, pilates, light weights, walking, tennis, golf and swimming. They are a bit less intense, suit my level of energy, and I find that they also offer a social opportunity which is another contributor to good health.

Feeling stronger, more energised and supple, are some proven benefits of fitness, and it usually diminishes the prevalence of disease and injury in people over 50 years of age. Aim to do some exercise nearly everyday if possible, to ensure your health is prioritised and fitness maintained.

WHAT GOOGLE SAYS ABOUT ...

Preferred Activities for Fitness

- * Walking - strengthens the heart and bones, burns calories, improves cholesterol levels, lifts your mood and improves memory.
- * Strength Training - strengthens muscles, burns calories and preserves brain function.
- * Swimming - less weight bearing so good for everyone, improves mental state, burns calories and tones muscles.
- * Tai Chi – movement and relaxation combined, balance for falls prevention, accessible and valuable for older people.
- * Kegel exercises - strengthens pelvic floor muscles, easy to do anywhere at anytime.

AIM FOR:-

30 MINUTES OF AEROBIC EXERCISE PER DAY
2 DAYS OF SOME STRENGTH TRAINING PER WEEK



Budgeting Tips for Financial Health



I have an interesting take on this topic. I try not to think about finances too much in general. I believe that financial health is extremely important and is right up there with physical, mental and emotional health. Having your finances in order and some security in case of emergencies, provides peace of mind and prevents stress and some of the associated causes of other problems such as anxiety or depression. Over my years of adulthood, I've generally always had secure work which has been very fortunate for my financial circumstance. This has allowed me to direct enough money into assets and investments so that my financial and general health are always well maintained. For this reason I don't have to think constantly about money because I have a spending/saving blueprint, based on the habits I established at a young age. My philosophy when it comes to financial health is to avoid wasting money and to keep spending tastes simple and aligned with income. I live according to my circumstance and endeavour to always keep accounts in the 'black' rather than the 'red'. I like to focus on keeping things affordable and well managed.

WHAT GOOGLE SAYS ABOUT ...

Budgeting Tips for Financial Health

- * Spend less than you earn
- * Stick to a budget that works for you
- * Prioritise expenditure according to needs not wants,
eg. paying off loans
- * Look for ways to save wherever/whenever,
eg. compare providers of services
 - * Schedule payments, eg. bills
 - * Track your progress
- * Always keep some money spare for emergencies
- * Avoid using credit cards or use them wisely,
eg. pay off each month
 - * Have a savings plan
- * Invest any money you can spare
- * Understand your investments
 - * Review your insurance
 - * Update your will
 - * Get financial advice



Supplements to Diet for Improved Nutrition



If you're like me and you like a bit of a routine to the start of your day, then taking a few supplements with breakfast is part of your morning habit. As we get into our 50's and beyond, I don't think it hurts to supplement our diet with some vitamins and minerals that support optimal health. Due to bodily changes and ageing, many of us feel that fortifying our body's functionality, is a good idea. Depending on our personal circumstance, we may need particular supplements, especially if we've been diagnosed with certain deficiencies, such as diminished bone density or weakened immunity. As food prices increase with the cost of living, etc., I feel that taking supplements can offer good value and benefit to us personally, financially and most importantly, for our optimal health. Good nutrition is an essential goal for mature aged people, but since we may not always eat a balanced diet, or due to the fact that foods lack nutrients due to soil depletion, etc., supplementation can be a safe and beneficial consideration. I find it easy, affordable and advantageous to my general state of wellness. Choose wisely based on your individual preferences and research.

WHAT GOOGLE SAYS ABOUT ...

Supplements to Diet for Improved Nutrition

- * **Vitamin D** - helps our bodies absorb calcium and phosphorous which are important for bone health, as well as reducing cancer cell growth, controlling infections and reducing inflammation.
- * **Magnesium** – helps muscles and nerves, keeps blood sugar and blood pressure at good levels, and makes protein/bone/DNA
 - * **Calcium** – helps keep bones and teeth healthy.
- * **Zinc** – helps your immune system and metabolism function.
- * **Iron** – helps the body's growth and development, especially to make haemoglobin and myoglobin.
 - * **Vitamin B12** – helps keep blood and nerve cells healthy, and makes DNA.
- * **Fish Oil** - essential omega-3 fatty acids which are important for regulating inflammation, and can help prevent heart disease and stroke.
- * **Probiotic** – helps the body digest food, and supports gut health.
 - * **Echinacea** – helps stimulate the immune system and fights infection.
- * **Garlic** – helps support the immune system to prevent colds and flu.
 - * **Glucosamine** – helps reduce chronic inflammation, especially osteoarthritis.
- * **Potassium** – helps maintain normal levels of fluid inside our cells, and is important for nerves and muscles.
- * **Vitamin B6** – helps protect nerves and form red blood cells.



Favourite Technology Use



We live in a world where everything from shopping, banking, planning holidays, booking appointments, to keeping in touch with family and friends, involves technology. It has melded into all aspects of our busy, fast-paced lives. I have to use technology daily as part of my work. From maintaining my business website, to marketing it via social media, to recording audio and uploading it to sites like Apple Podcasts and Spotify. My favourite technology options are Facebook for keeping in touch with people and Spotify for listening to music. Almost every aspect of life involves some elements of technology but it's very important in my opinion, to find a balance and have some natural, organic, time away from phones, computers, tablets or any other device that's technology driven. I always feel better when I can moderate my use of items that are full of electrical charge and just be one with nature. Each person probably differs in their comfort zone of technology use. There are constant advancements in technology which can aid our lives for convenience, safety and more, but at times we don't like all the consequences. My suggestion is, select what technology serves you the best and use it carefully and in moderation, and be sure to enjoy other things that bring purpose and passion to your life.

WHAT GOOGLE SAYS ABOUT ...

Favourite Technology Use

by Over 50s

- * **The internet** = for banking, shopping, watching video, listening to audio, emailing, accessing telehealth and other professional services.
 - * **Smartphone** = mobile phone.
- * **Desktop computer or laptop** = record keeping, correspondence, etc.
- * **Smart TVs** = televisions that offer a range of viewing options.
 - * **Tablets** = ipads or similar with touch screens.
- * **Smart home technology** = devices containing inbuilt computer chips, etc., eg. robotic vacuum, refrigerator, lighting and security, etc.
 - * **Wearable devices** = watches or medical alarms.
- * **Video home exercise programs** = especially for mobility restricted individuals.
 - * **Virtual reality equipment** = especially for dementia.
- * **Voice controlled devices** = home devices that are voice activated for practical use.
- * **Smart sensors and apps** = sensors for a person's daily routine can be integrated with biomedical devices for better healthcare provision.



Favourite Things to Wear



Fashion and Style are important to many people and as we age, we generally know what we like! By the time we've explored work, leisure and other pursuits, one knows what their wardrobe requires in order to feel comfortable and 'true' to their personality. Many of us have experimented with different clothing, footwear and accessories over the years and possibly still revel in doing this, but for many people, once you fall in love with a particular brand, cut or feel of an item, it's hard to be swayed to other alternatives. I can honestly say that this is the case for me, particularly when it comes to certain garments. Because we know what suits our shape and size, many of us will have a certain preference for wearing a particular cut, fabric and colour. When it comes to keeping up with the fashions, I'm like so many who do my best in this regard, however I feel that the pressure to always have the 'latest' look isn't as important to me now as it once was. I think many of us have started to discover by age 50, that you need to listen to your body and it will respond to what you wear in a positive, negative or neutral way. Like many whose figure might not be the same stature as it once was, using accessories such as scarves, jewellery and handbags, help to enhance a particular look in keeping with a more fashionable style.

WHAT GOOGLE SAYS ABOUT ...

Favourite Things to Wear

- ***Jeans** = well cut dark denim and white
- ***Pants** = ensure they're a great fit
- ***Fitted jacket** = stylish and versatile
- ***Pencil skirt** = a bit of stretch but not tight
- ***Cardigans** = wear open and fitted
- ***Tank tops** = in basic colours for under anything
- ***Dresses** = consider wrap style, sleeveless sheath and 'fit and flare' to the knee
- ***Cropped black leather jacket** = expensive but classic
- ***Jewellery** = minimalism is better
- ***Handbag** = a good one
- ***Shoes** = have a 'go to' pair of heels and others for comfort
- ***Watch** = make a statement
- ***Shapewear** = is key to smoothing lines
- ***Scarf** = very versatile
- ***Sunglasses** = practical and completes 'the look'



Anti-ageing Techniques and Products



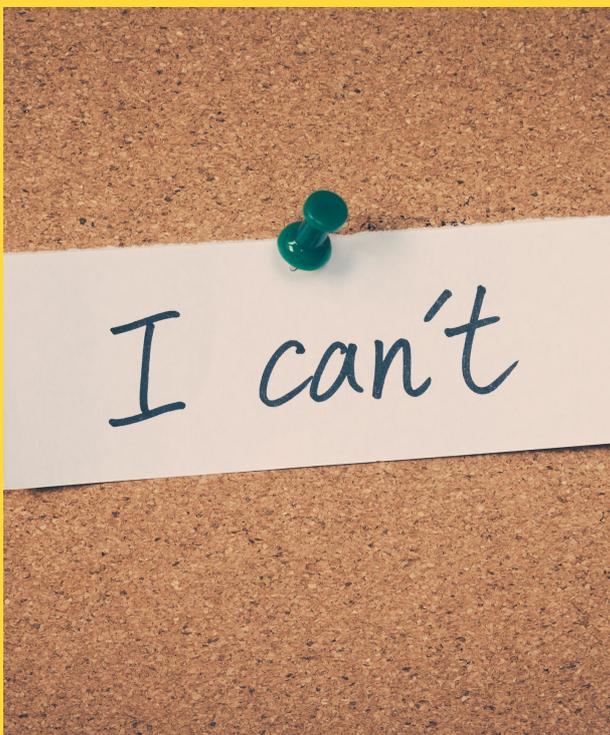
Like so many, it was only around my 40's that I began to seriously think about anti-ageing. They say that every bit helps, so now that I have a bit more time and money to spend on myself, I've really tried to manage the effects of time, climate, stress, lifestyle and genetics, on my body. As well as eating a healthy diet and taking dietary supplements to assist with this, I also spend far less time out in the sun (but when I do, I ensure I've got sunscreen and a hat on). I drink as much water as I can and use moisturisers and serums to also aid in hydration. Anti-ageing beauty products that suit my skin, are also part of my morning and evening regime to improve my complexion and maximise youthfulness. I've come to know and love beauticians, massage therapists and hairdressers more in my 50's, as they help support my inward and outward appearance and health. I like investigating non-invasive ways of maintaining a younger looking, healthy face and body that aren't too expensive and/or painful. Ultimately, the secret is to clean, protect and revitalise your internal and external body parts, whilst showing them love, care and respect.

WHAT GOOGLE SAYS ABOUT ...

Anti-ageing Techniques or Products

- ***Sunscreen** - prevents skin damage, use the highest SPF possible.
- ***Retinoids** - derived from Vitamin A and promotes collagen production.
- ***Vitamin C** – antioxidant that prevents premature skin ageing.
- ***Acids such as Glycolic Acid** – creates peeling effect that leads to smoother, more even skin.
- ***Acids such as Hyaluronic Acid** – helps hydrate and plump skin.
- ***Peptides** – a type of amino acid that can stimulate skin to make collagen.
- ***Niacinamide** – a form of Vitamin B3 can help to boost skin's volume.
- ***Moisturiser** – reduces appearance of wrinkles and protects the skin by hydrating the surface layers and locking in moisture and nutrients.
- ***Squalane** – a lipid or oil good for protection and skin hydration.
- ***Botox or Botulinum Toxin Therapy** – temporarily relaxes facial muscles that cause wrinkles in forehead and around eyes
- ***Dermabrasion** – gives skin a smoother appearance by treating sharp edges of surface irregularities.
- ***Microdermabrasion** – buffs away outermost layer of skin to create smoother, younger appearance.
- ***Chemical Peel** – removes top layer of skin, new skin grows back smooth.
- ***Fractional Laser Skin Resurfacing** – lessens the appearance of fine lines in the face, improves complexion and skin tone.
- ***Dermal Fillers** – injectable gel containing hyaluronic acid to improve folds and wrinkles and replenishing moisture to skin.
- ***Nonablative Skin Rejuvenation** – laser used to improve appearance of wrinkles, brown spots and minor scars by promoting collagen production.
- ***BBL Photofacial or Broad Band Light Treatment** – treats freckles, age spots and visible blood vessels with light, to restore skin's natural beauty.
- ***Microneedling** – boosts collagen supply and restores glow, smoothness and much more to skin via small needles that impact top layer of skin.

What we Can't Live Without



Everyone should take some time on a regular basis, to reflect on their life and those things that they consider essential. For most people, the things that we can't live without might be material possessions but also the relationships that we have. For me it'd have to be my partner, children, family and friends, for their love and unconditional support. My bed for the relief it provides to my body as I rest. I couldn't live without toothpaste or gum for fresh breath and a clean mouth (and add a few other toiletries to that list of essentials). I love to walk, so a pair of joggers, a hat and sunglasses for sun protection are important. When glamming up I definitely need some make-up and I do like to dress up and go out, so a wardrobe of nice things helps make me feel good. I love my music, puzzles, books or mags, as well as my mobile phone and computer, since communication is high on my list of priorities. Ultimately, life without connection isn't as enjoyable or fulfilling, so making the most of everything I have and remembering to show gratitude for all that is bestowed upon me, is what I definitely can't live without.

WHAT GOOGLE SAYS ABOUT ...

What We Can't Live Without

*Air

*Drinking Water and Sanitation

*Food

*Clothing and Shoes

*Shelter

*Sleep and Bed

*Love

*Partner and Family

*Friends and Support Networks

*Education and Books/Access to Information

*Light

*Healthcare

*Toiletries and Hairbrush

*Television/Computer

*Tea and Coffee

*Car

*Sex

*Pets

Healthy Habits for Sustained Wellness



If I think about sustained wellness then the thoughts coming to my mind involve how I can maintain my good health for a long time. Some of the things I value include nutritional supplements, fitness, weight control and anti-ageing techniques and products. Actively using your body helps to ensure physical wellness, as does what you eat and drink. Also, lifestyle choices like getting a good amount of rest, avoiding too much stress, being surrounded by positive relationships, and living with passion in your life, are some of the healthy habits I recommend. Obviously, none of us want every day to be the same, so a lot of variety and some challenges will be advantageous for remaining positive and switched on. 'Use it or lose it' definitely rings true in this area so we should aim for a fairly disciplined approach to things like 30 minutes of exercise per day, drinking lots of water, and avoiding things that are known to be bad for us. Learn what's good for you and listen to your body's response to trying new and different things. Mix it up and have fun working towards sustained wellness.

WHAT GOOGLE SAYS ABOUT ...

Healthy Habits

- *Stay active
- *Make healthy food choices
 - *Get enough sleep
 - *Limit your alcohol intake
- *Manage your health care
 - *Stay hydrated
 - *Keep learning
- *Incorporate mindfulness into your day
- *Aim for balance between work and play
 - *Practise gratitude
- *Maintain healthy relationships
 - *Get outdoors
 - *Challenge yourself

Best Worldwide Locations Visited



Travel is a luxury many of us get to enjoy from time to time, and we usually return from it feeling happy to have been and seen, but also to return home safely to our wonderful part of the world – Australia. This planet is an amazing place, offering different adventures and opportunities that enrich our lives for the better. Not all trips are about relaxation, adventure and sightseeing, in fact many we have offer a deeply meaningful purpose, power or passion to our life. The benefits of travelling are numerous, and it's one of the highest ranked things to do by Over 50s, since many in this group want to use their semi-retirement or retirement years to see more of the world. I know that overseas travel requires a bit of planning and this is good for us since our brain is challenged by the process. Then, in regard to 'doing' the travel which is generally associated with physical exercise too, our body is challenged. Finally, since most of our travels are preferred choices, there is a deep connection to the travel which serves another advantage for our emotional health. So, travel can be a win win for both our health and happiness, which is why it's so popular I'm sure.

WHAT GOOGLE SAYS ABOUT ...

Best Worldwide Locations

- ***Great Britain** – castles, cathedrals and historical locations.
- ***Greece** – stunning coastline, vibrant culture and rich history.
- ***Italy** – food and wine, historical landmarks and museums.
- ***France** – art and architecture, beautiful countryside and iconic landmarks.
- ***Australia** – vast expanse, dazzling beaches and many natural wonders.
- ***New Zealand** – breathtaking scenery, fun activities and adventure.
- ***United States of America** – exciting opportunities and a diverse variety of landmarks.
- ***Canada** – cosmopolitan cities, friendly and multicultural people.
- ***Spain** – beautiful beaches, tourist resorts and delicious food.
- ***Portugal** – mild climate, amazing range of landscapes and leisure activities.
- ***Germany** – history, monuments, landscapes and lifestyle.
- ***Jordan** – architecture, holy sites and desert adventures.
- ***Thailand** – tranquil beaches, exotic cuisine and magnificent temples.
- ***United Arab Emirates** – opulence, extravagance and endless variety of experiences.
- ***Mexico** – alluring culture, dynamic cities and mouth-watering cuisine.
- ***Indonesia** – gorgeous islands and beaches, biodiversity and retreat opportunities.
- ***Turkey** – breathtaking scenery, fascinating history and intricate architecture.

SERIES 3 PODCASTS

- 1) Benefits of Leisure Time
- 2) Preferred Activities for Fitness
- 3) Budgeting Tips for Financial Health
- 4) Supplements to Diet for Improved Nutrition
- 5) Favourite Technology Use
- 6) Favourite Things to Wear
- 7) Anti-ageing Techniques and Products
- 8) What we Can't Live Without
- 9) Healthy Habits for Sustained Wellness
- 10) Best Worldwide Locations Visited

**** QR CODES FOR EACH TOPIC
WILL LINK YOU TO THE RELEVANT
30 MINUTE PODCAST **
(November 2022 to January 2023)**