



# Talk 9. Supporting body and mind through exercise and nutrition while ageing.

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# Supporting Body And Mind Through Exercise While Ageing

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Clinical Specialist Physiotherapist for Older People and  
Neurological Conditions



**TAKE FIVE**  
**TO AGE WELL**



**HORIZON**  
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# Karen Blagojevic

## Clinical Specialist Physiotherapist

Rehabilitation of Older People, Complex and Neurological Conditions

### *Advisory:*

The content of this webinar provides general advice only.

It is not a prescription and should be adjusted to your own personal circumstances.

If you live with pain or a health condition, please consult a health professional in order to gain bespoke advice.





# TAKE FIVE TO AGE WELL



# MOVE

Building resilience  
through movement



# Movement is Medicine



Type  
Dose  
Frequency  
Course of treatment  
Positive Side Effects









# Be active

at least  
**150**  
minutes  
moderate intensity  
per week  
increased breathing  
able to talk

OR  
or a combination of both

at least  
**75**  
minutes  
vigorous intensity  
per week  
breathing fast  
difficulty talking



to keep muscles, bones and joints strong

## Build strength



## Minimise sedentary time

Break up periods of inactivity



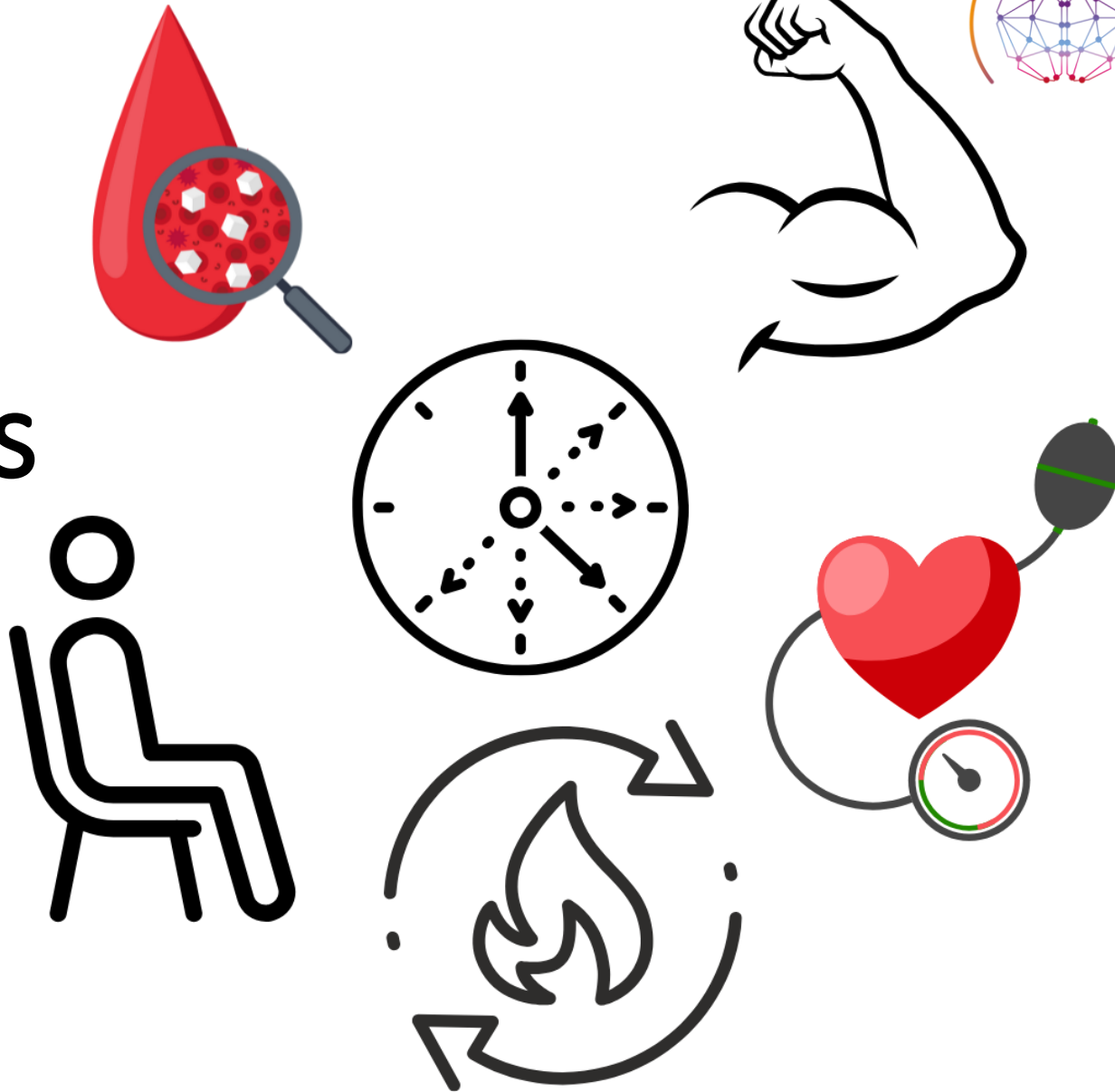
For older adults, to reduce the chance of frailty and falls

## Improve balance

2 days a week

Dance

# Benefits of Activity Snacks



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# Pathway to Participation

## MOVE MORE

**Individualised programme adjusted to your needs**

We start with what you can do right now and build from there

## KEEP GOING

**Build activity into your routine**

Have 1:1 sessions, home visits, sessions with an activity buddy or group sessions

## MAKE IT PART OF YOUR LIFE

**Meet with others and maintain positive routines**

We'll help you to find activities and opportunities to build on your confidence and keep active your way

## HOW ARE YOU DOING?

Book in with one of our specialist team for a bespoke assessment of your current level

Whatever your level, we can find positive ways to improve



## Bridging the Gap

Classes  
Leisure opportunities





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# My Get Active Diary

A personalised planner  
for being physically active  
in later life.



**Thank you for  
listening!**



# Supporting body and mind through exercise and nutrition while ageing'.

Join us for an evidence-based exploration of nutrition's role in healthy aging, presented by Romina Melwani.

Discover how diet impacts brain health, energy levels, hormonal balance, and cellular vitality.

Learn practical strategies to enhance your wellbeing through optimal nutrition.

**by Romina Melwani, DipNT BANT CNHC**



# About Romina Melwani

- Registered Nutritional Therapist
- Founder of the Nutrition Health Collective
- Mycotherapist ( Medicinal Mushrooms therapy)
- Focused on healthy ageing and immune health



# Understanding Age-Related Related Nutritional Needs

## Changing Requirements Requirements

As we age, our micronutrient needs increase while caloric requirements decrease.

## Essential Micronutrients

Focus on potassium, calcium, vitamin D, and antioxidants becomes crucial.

## Macronutrient Balance

Proper protein, carbohydrate, and fat ratios support optimal aging.





# Nutrition for Brain Health and Cognitive Function



## **Omega-3 Fatty Acids**

Essential for brain cell membrane health and neural communication.



## **B Vitamins**

Support neurotransmitter production and nervous system function.



## **Antioxidants**

Protect brain cells from oxidative damage and inflammation.



## **Hydration**

Enhances cognitive performance and neural function.





# Energizing Your Body Through Nutrition

1

## Morning

Protein-rich breakfast stabilizes blood sugar for sustained energy.

2

## Midday

Complex carbs and lean proteins prevent afternoon energy slumps.

3

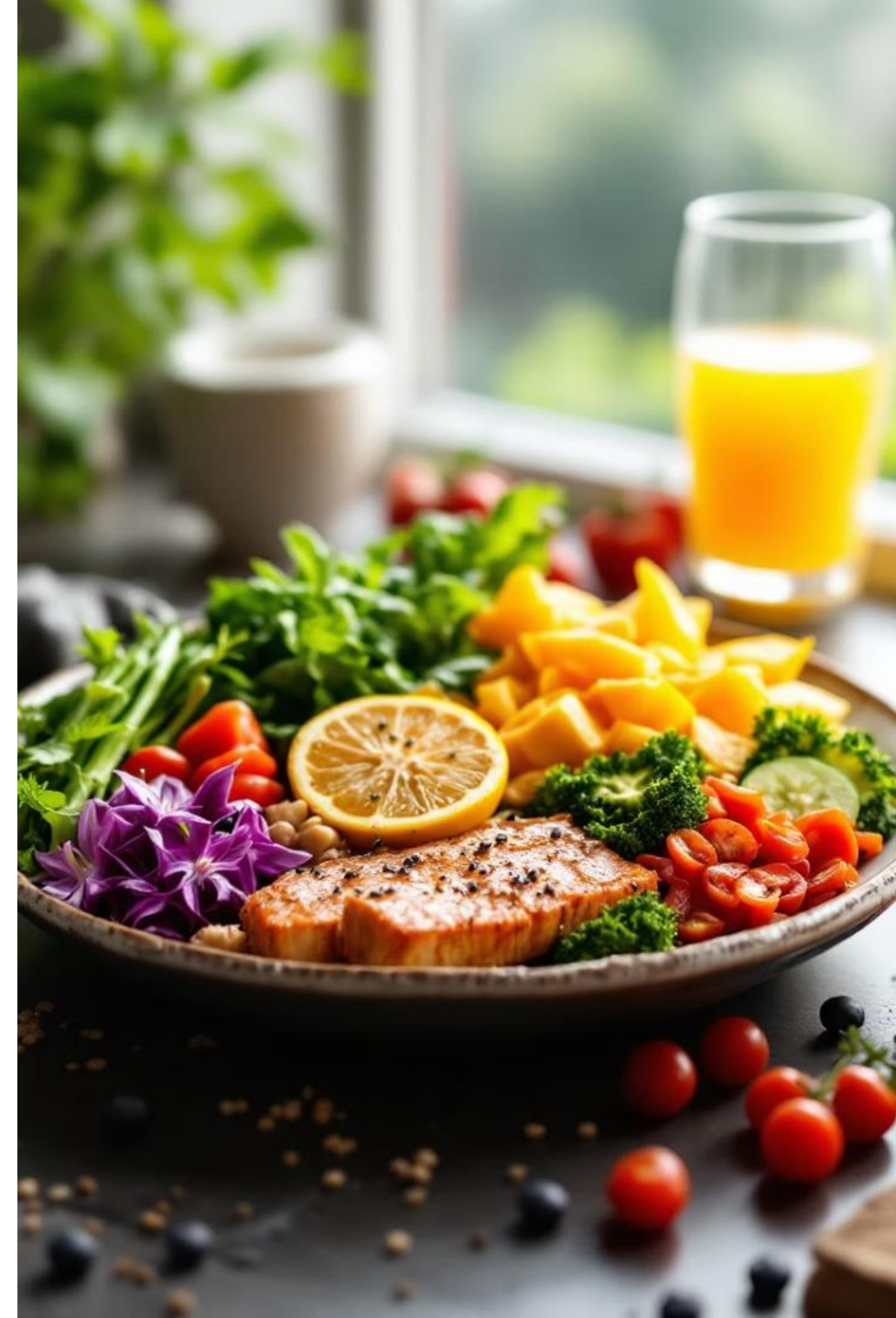
## Afternoon

Small nutrient-dense snack maintains steady energy levels.

4

## Evening

Light, balanced dinner supports cellular repair during sleep.



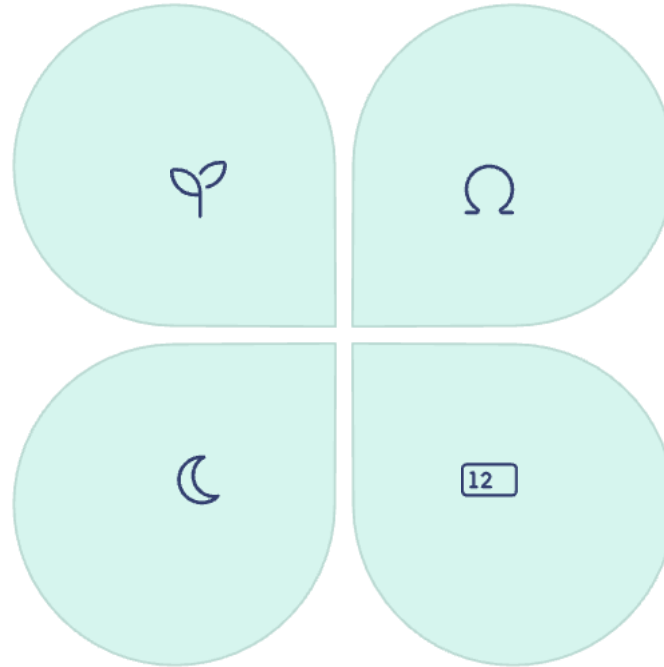
# Hormonal Balance Through Dietary Choices

## Phytoestrogens

Plant compounds in soy, flaxseed, and legumes support hormonal health.

## Sleep-Supporting Nutrients

Magnesium, tryptophan, and melatonin-rich foods regulate sleep hormones.



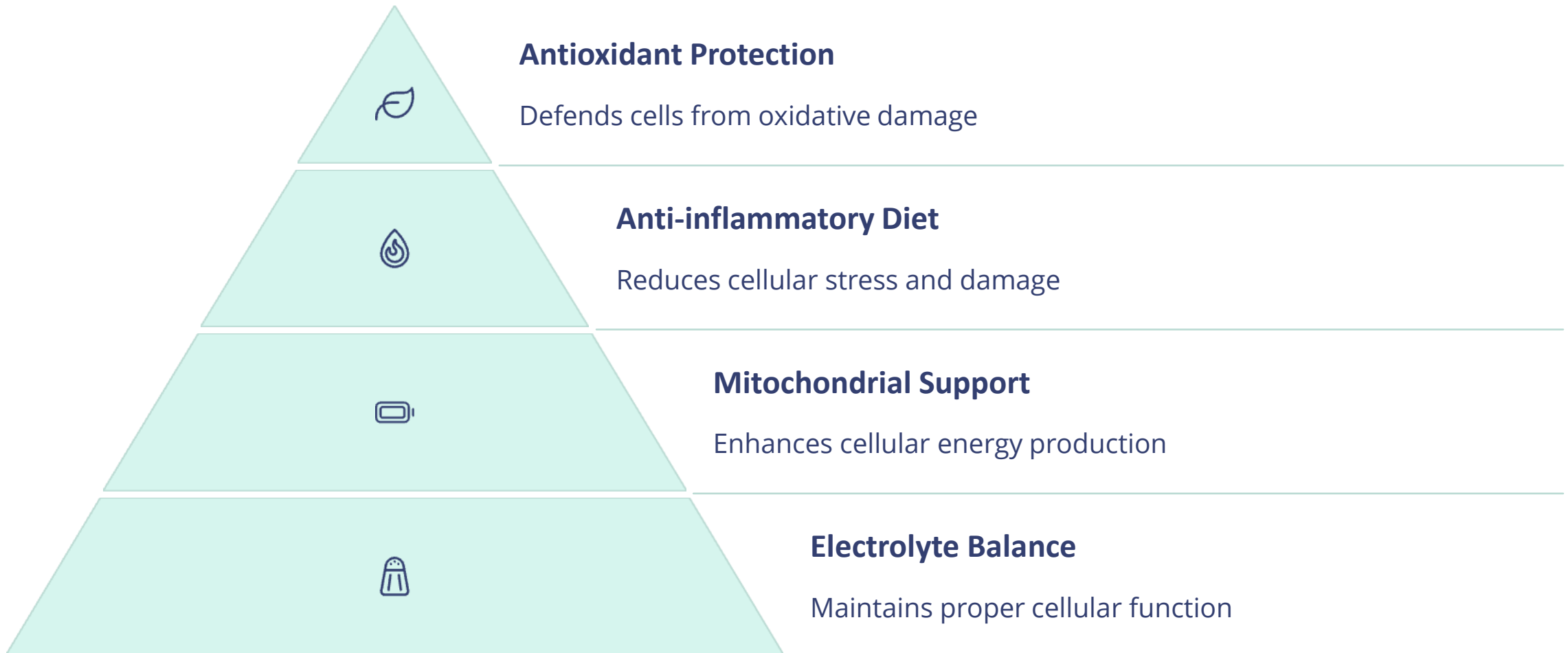
## Healthy Fats

Essential for hormone production and receptor sensitivity.

## Anti-inflammatory Foods

Help reduce inflammation during hormonal transitions.

# Cellular Vitality and Longevity



# Practical Implementation: Building Your Plate



## Balanced Plate Model

Half vegetables, quarter protein, quarter whole grains.



## Label Reading

Check for sodium, added sugars, and fiber content.



## Budget-Friendly Choices

Beans, eggs, frozen produce, and bulk whole grains.



# From Knowledge to Action: Your Next Steps

## Start Small

Add one new nutrient-dense food to your diet each week.

Replace refined grains with whole grains gradually.

## Move Regularly

Pair nutrition changes with moderate physical activity.

Aim for 30 minutes of movement most days.

## Seek Support

Use recommended resources for meal planning and preparation.

Connect with healthcare providers for personalized guidance.



# Ageing Well series of Public Talks



*"Being mindful of eating well, hydration, physical activity, learning new things and social connections can delay the decline caused by ageing."*

*Come and join us for the series of public talks with the title "Ageing Well"*



Dr. Jitka Vseteckova

Senior Lecturer, Health and Social Care



# Summary of related resources to The Ageing Well Public Talk Series

## Podcasts

Vseteckova J & King J (2020) COVID-19 Interview podcast for The Retirement Café: ['Ageing Well Under Lockdown'](#)

Vseteckova J & Broad E (2020) Podcast – Open University & The Parks Trust [Keep Me Walking – researching with people living with dementia and their carers](#) –

Vseteckova J (2020) Podcast – [Areas of research with The Open University](#)

Broad E, Methley A & Vseteckova J (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust – [Spotter sheet and mindful walking](#).

Vseteckova J, Methley A, Broad E (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust [Preventing brain decline while ageing](#)





Methley A, Broad E, Vseteckova J (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust [Walking therapy](#)

Vseteckova J, Methley A, Broad (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust [Understanding our memory](#)

Araya Y , Broad E, Vseteckova J (2022) [Engaging with our environment](#)

Joannidi H, Araya Y, Broad E & Vseteckova J (2022) [Sense of self during aging: how mindfulness and nature can help](#)

The above podcasts can be also seen on [The Parks Trust YouTube Channel](#)



Vseteckova J & Grimes C (2024) [Six ways to look after your brain health in your 20s and 30s](#)

Vseteckova J (2020) [Ageing Well Public Talks Series](#)

Vseteckova J (2019) [5 reasons why exercising outdoors is great for people who have dementia](#)

Vseteckova J (2019) [Depression, mood and exercise](#)

Vseteckova J (2019) [Five Pillars for Ageing Well](#)

Vseteckova J (2020) [Ageing Brain](#)



Methley A & Vseteckova J & Jones K (2020) [Green & Blue & Outdoor spaces](#)

Vseteckova J, Borgstrom E, Whitehouse A, Kent A, Hart A (2021) [Advance Care Planning \(ACP\)](#)

Vseteckova J (2020) [Walking the Parks with The OU and The Parks Trust](#)

Vseteckova J, Methley A, Broad E (2021) [Understanding our memory](#)

Araya Y , Broad E, Vseteckova J (2022) [Engaging with our environment](#)



Hedges V & Vseteckova J (2023)

[What should I expect when I am nearing the end of my life?](#)

Joannidi H, Araya Y, Broad E & Vseteckova J (2022)

[Sense of self during aging: how mindfulness and nature can help](#)

Mehta S, Vseteckova J (2023) [Ageing, health inequalities and person centred care](#)

Mehta S, Vseteckova J (2023) [Ageing, health inequalities and integrated approach to care](#)

Araya Y, Broad E, Vseteckova J (2023) [Ageing well by connecting and learning about nature outdoors](#)



Vseteckova J (2022) [Pharmacotherapy while ageing](#)

Joannidi H, Araya Y, Broad E & Vseteckova J (2022) [Sense of Self during ageing –  
how mindfulness and nature can help](#)

Mehta S (2022) [Medicines and personalisation while ageing](#)

Gale B (2022) [How can we prepare for death while ageing?](#)

Gale B (2022) [Valuing death at home: making preparations](#)



## **Care and caring related**

Vseteckova J, (2020) [How to age well, while self-isolating](#)

Vseteckova J, (2020) [SHORT FILM – Ageing Well in Self-Isolation](#)

Vseteckova J, (2020) [ANIMATION – Keeping healthy in Self-Isolation](#)

Vseteckova J et al (2020)  
[COVID-19 The effects of self-isolation and lack of physical activity on carers](#)

Taverner P, Larkin M, Vseteckova J, et al. (2020) [Supporting adult carers during COVID-19 pandemic](#)



Robb M, Penson M, Vseteckova J, et al. (2020) [Young carers, COVID-19 and physical activity](#)

Penson M, Vseteckova J et al. (2020) [Older Carers, COVID-19 and Physical Activity](#)

Vseteckova J & Methley A (2020) [Acceptance Commitment Therapy \(ACT\) to help carers in challenging COVID-19 times](#)





**AGEING WELL PUBLIC TALK SERIES WEBSITE**

**[Ageing Well Public Talks' Series 2023/2024](#)** repository on ORDO Collections

**[Ageing Well Public Talks' Series 2022/2023](#)** repository on ORDO Collections

**[Ageing Well Public Talks' Series 2021/2022](#)** repository on ORDO Collections

**[Ageing Well Public Talks' Series 2020/2021](#)** repository on ORDO Collections

**[Ageing Well Public Talks' Series 2019/2020](#)** repository on ORDO Collections

**Midlife MOT OpenLearn Course**

**OpenLearnCreate Course on [Ageing Well' 2019/2020](#)**

**Home exercise no equipment – no problem** *Blog*