

GOLDSTER★

# THE AGE-WELL PROJECT





# THE AGE-WELL PROJECT

- 01 The Age-Well Project
- 02 Our method
- 03 The course
- 04 Your journey
- 05 Your coach
- 06 Your notes

# THE AGE-WELL PROJECT

---

## AGE IS ONLY A NUMBER

As we grow older, we experience an increasing number of major life changes, including career transitions and retirement, children leaving home, the loss of loved ones, physical and health challenges—and even a loss of independence. How we handle and grow from these changes is often the key to healthy aging. Coping with change is difficult at any age and it's natural to feel the losses you experience. However, by balancing your sense of loss with positive factors, you can stay healthy and continue to reinvent yourself as you pass through landmark ages of 60, 70, 80, and beyond.



---

## YOUR JOURNEY, YOUR CHOICE

As well as learning to adapt to change, healthy aging also means finding new things you enjoy, staying physically and socially active, and feeling connected to your community and loved ones. Unfortunately, for many of us aging also brings anxiety and fear. How will I take care of myself late in life? What if I lose my spouse? What is going to happen to my mind?

Many of these fears stem from popular misconceptions about aging. But the truth is that you are stronger and more resilient than you may realise. These tips can help you maintain your physical and emotional health and continue to thrive, whatever your age or circumstances.



# OUR METHOD

---

## WHAT IS GOLDSTER?

Goldster is a digital platform that has pioneered the only systematic non-drug approach to health.

Built from all the available evidence and extensive data sets, it combines social interventions designed to target the physical, emotional and cognitive benefits people seek for their health.



---

## A STRUCTURED WELLNESS INTERVENTION PATHWAY

The programme is driven by Goldster's own Structured Wellness Intervention Pathway (SWIP).

We identify the most appropriate non-drug healthy living and ageing approaches to benefit people.

Our method links common problems faced with ageing and connects them to the most effective approaches, enabling a simple and accessible way to improve the desired area of health.

*"The path is made by walking on it"*

# THE COURSE

Susan's extensive research into longevity and her experience as a health coach give you the tools you need to move into the future with abundant good health. You'll learn the science of ageing and how to make the changes – large and small – that support wellness.

The course is packed with strategies, tips, questions and quizzes to help you create your own age-well future: how to understand your goals as you age, how to evaluate your own health and risk factors, what and how to eat for longevity, easy ways to introduce more movement and exercise into your daily routine, the actions to take to get more and better quality sleep, how to maintain a positive mindset and how to live in a world that's not designed to help us age well

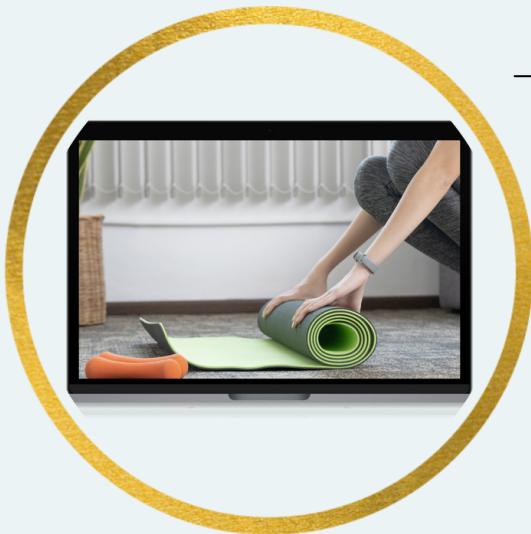
---

## A CONNECTED COMMUNITY

While we live in a digital world, keeping social and connected is one of the most significant aspects of a healthy life.

We want to give you many options to communicate and be as social as possible through this journey.

- The presenter will greet you in every class as a group. We want to celebrate your commitment and keep you motivated
- You will meet your instructors and other members at the start, enabling you to build rapport and friendships.



---

## EVIDENCE-BASED, LIVE INTERACTIVE CLASSES

- Weekly coaching supports your journey and enables your advancement linked to evidence-based classes
- Don't worry about missing the coaching; you can catch up on the recording.

*"When we do it together, we feel better together"*

# THE COURSE

---

## GET THE MOST FROM GOLDSTER

The key to any improvement in health is doing more than one singular activity. We always encourage the use of a multi-component approach to maximise the benefits of the goldster platform



- Engage and stimulate the physical, emotional and cognitive aspect of your health with classes suggested by the coach
- Participate in the forums and group as often as possible to extract as much information as possible
- Your feedback to the coach on how you are doing will enable them the ability to adjust the course to need specifically to you



---

## LEARNING IS PART OF THE JOURNEY

Understanding our health can help us prevent health problems and manage issues better when they arise.

Not all of us are familiar with medical terms or how our bodies work. We have to interpret statistics and evaluate risks and benefits that affect our health and safety. Let our research team put all those myths to bed and share our latest research with you.

*"Learning is a journey of self discovery"*

## Week 1 - Getting to know your purpose, and your body

Week 1 is all about Susan's first rule for ageing well: taking responsibility for our own health. It doesn't matter what the starting point is for you, it's beginning the journey that's important. There's an age-well plan for everyone, and we're going to create our own. We'll look at the 'why, what, who?' of ageing. You'll work out your sense of purpose – your 'why' – what the Japanese call 'Ikigai' – a reason for being. You'll develop a simple understanding of the science that impacts what happens in our bodies as we age, and evaluate your current health and future risk factors. You'll get clear who you are as you age: why you want to age well and where you need to focus, creating your own, personalised age-well plan as you go.

## Week 2 - Eating well to age well

This session will give you a very simple understanding of the key elements of eating to age well - it's all very easy! What we eat isn't just fuel for our bodies, it's information and it impacts our immune system and longevity pathways, influencing how we age at the most basic, cellular level. Eating to age well isn't about faddy diets, it's about balance, moderation and adaptability. It's about firing up the body's resources to get it repairing and replenishing our ageing cells. There are five key actions to keep you on track with your diet: follow the Mediterranean diet, pick up plants, consider time-restricted eating, be good to your gut and remember that fat is your age-well friend. It may sound like a lot, but we'll examine how to make all these work in your own life – and your own kitchen – day by day.

## Week 3 - How to move to age well

Movement kickstarts all our longevity pathways by shifting our bodies into survival mode. Exercise is a bit stressful for our bodies – in a good way - so the mechanisms which repair our bodies kick in when we move. It doesn't have to be a lot, it's all about keeping moving from where you are now, building strength and resilience as best you can. Our lives are way too sedentary, and it's killing us. We need to find ways to keep moving that suit us, whether that's fidgeting or pumping iron. It's all good! In the session, we'll work through five simple lessons for age-well movement: not sitting still for more than an hour, the importance of walking every day, the power of breathlessness and interval training, how to build muscle and reduce the risk of frailty as we age, and the importance of stretching.

### Week 4 - How to sleep to age well

Sleep is where so many people's age well plan comes apart. In this session, you'll learn how to get passionate about sleep, to really care about it, and how to pursue it without obsessing about it. You'll get a very simple understanding of the importance of sleep as we age, and how it impact our bodies and our brains. Susan will share five key actions to keep you on track with sleeping to age well. You'll work towards getting enough sleep, get your sleep environment right, get into a routine that promote good sleep, work with light and dark to enhance your natural sleep rhythms and learn what to (and what not to) eat and drink to enhance good sleep. The session will end with a bonus breathing exercise to help you get to – and stay – fast asleep.

### Week 5 - How to 'be' to age well

This session is about our engagement with the world around us, how to 'be' in the world. It's easy to focus on eating the right veg or buying the right exercise gadget, less easy to think about how we feel about our lives, how we stimulate our minds and how we interact with others – but these all have a profound effect on how we age. The mental elements of getting older - social engagement, intellectual stimulation, stress management, practising empathy and cultivating positivity - are as critical as the physical, if not more so. We'll look at the importance of trying new things, even if that can feel uncomfortable; managing stress; being positive about ageing – and grateful for the opportunity; volunteering and helping others; and the importance of challenging our brains.

### Week 6 - How to live to age well

We don't age in a vacuum: however hard we work on looking after ourselves and taking personal responsibility for ageing well, we're not doing it alone. We live in a busy toxic world which isn't designed for healthy longevity. We need a plan to navigate that, inside and outside our homes. This final session takes our Age-Well Plan out into the world, looking at how our environment impacts ageing, and what to do about it. We'll think about outdoor and indoor pollution, plastics, pesticides and personal care. We'll also discuss what makes an age-friendly location in which to get older and how to plan an age-well future. We'll review the World Health Organisation's checklist for age-friendly living and rate our own localities, and finally we'll set our own age-well intentions to create the future health we want.



# YOUR JOURNEY

1

## WEEKLY COURSE

### FAMILIARISE YOURSELF WITH THE SCHEDULE

Your course takes place once a week on the same day and time each week for 6 weeks. Check the [class schedule](#) on our website for the course details and any resources you may need. No need to sign up, simply join the class on the day.

2

## THE DAY OF THE CLASS

### CHECK YOUR INBOX

Every morning at 6.30am, we email you all the classes for that day, with the links to our website to join. Don't forget to check your spam and your junk folder. If you prefer, simply go straight to our website to join.

3

## THE CLASS IS ABOUT TO START

### WAITING ROOM OPENS 15 MINS BEFORE

Our class waiting rooms open 15 mins prior to the start time, just to give you enough time to get prepared and settled

4

## WELCOME TO THE CLASS

### GET A LOVELY GREETING

Welcome to the class, you will be greeted by our digital concierges. Listen for a shout-out from the instructors as you are part of a valued community

5

## LOOK FORWARD TO YOUR NEXT CLASSES

### TRY OTHER CLASSES

Goldster offers a wide variety of classes all day, every day, so there is always something new for you to try. Try our drop-in classes or take a look at our other courses that run throughout the week.

# YOUR COACH



## **Susan Saunders**

### **Health Coach, Writer and TV Producer**

Susan Saunders is a health coach, writer and TV producer. She's spent the last decade researching how to age well and is co-author of the best-selling book *The Age-Well Project*, and author of *The Age-Well Plan: The 6-Week Programme to Kickstart a Longer, Healthier, Happier Life*. Through one-to-one coaching, workshops and classes, she helps people across the world create healthy longevity for themselves.

Susan's determination to age well grew from a family tragedy. She spent 12 years caring for her mum, who had severe dementia. As a teenager, she'd watched her mum going through the same thing with her mother. She's spent years studying scientific data on healthy ageing, qualifying as an advanced health coach with the prestigious Institute of Integrative Nutrition in New York and overhauling her own health. Now she wants to share that knowledge with you.

# YOUR NOTES

WEEK 1

# YOUR NOTES

WEEK 2

# YOUR NOTES

WEEK 3

# YOUR NOTES

WEEK 4

# YOUR NOTES

WEEK 5

# YOUR NOTES

WEEK 6



