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My Nana was a health expert...

“Use it or lose it”
she used to say.

And according to the health experts she was right.

Be physically active, she said. Take a walk, ride a bike, dance a little, dig the garden. Keep mentally active, she said. Do a puzzle, read a book, play cards, knit a scarf. Keep socially active, she said. Say hello to your neighbours. Have a chat down the shops. Call a friend on the phone. She did it all. She was on her feet to the end and was still as sharp as a tack when she left us at a ripe old age.

Health experts now tell us that keeping physically, mentally and socially active is how we keep mentally healthy. I guess Nana was right all along.



Want to get involved?

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