

Health priorities for every decade:

Staying well through life stages

Your health needs evolve with age, and a **proactive approach to wellness** can help you stay strong, independent, and fulfilled.

We asked our experts what to focus on at every stage of life.

Here are their top tips:



20s: Build Healthy Habits

- Exercise regularly (strength, cardio, flexibility)
- Eat a balanced diet and stay hydrated
- Prioritise mental health and sleep
- Practise safe habits (sun protection, alcohol moderation, sexual health)
- Stay up to date with vaccinations and check-ups
- Start attending regular smear tests to monitor cervical health.



30s: Balance & Prevention

- Manage stress and maintain work-life balance
- Strengthen bones and muscles with weight-bearing exercises
- Focus on reproductive health and family planning
- Focus on a balanced diet to help maintain energy and support immunity, especially with frequent infections common when raising young children.
- Keep up with eye exams, skin checks, and dental visits.

40s: Proactive Health Monitoring

- Attend routine GP check-ups to monitor blood pressure, cholesterol levels, and blood sugar levels. Adjust diet and exercise to support a changing metabolism and body composition
- Protect heart health (watch your diet, stay active)
- Adjust nutrition to support metabolism
- Get key screenings (mammograms, colonoscopies, diabetes tests)
- This decade often brings hormone changes or the start of perimenopause. Blood tests aren't usually needed, but symptoms can often be managed with lifestyle changes or medical support
- Improve sleep and maintain strong social connections.





50s: Longevity & Mobility

- Stay active with joint-friendly exercise
- Reduce salt intake to low to support heart health
- Support brain health (mental stimulation, social engagement)
- Increase anti-inflammatory foods (omega-3s, antioxidants)
- Stay on top of crucial health screenings
- Ensure you have support for the changes that come with menopause or are aware of the support you can give loved ones
- Think ahead to prevent falls in later life by staying active, focussing on flexibility and balance and maintaining bone strength
- Consider planning for the future, including setting up a Lasting Power of Attorney

60s & Beyond: Maintaining Independence

- Prevent falls and fractures with balance exercises
- Support cognitive function through continued learning and socialising
- Manage chronic conditions with regular check-ups
- Risk of bowel cancer increases after 60 - reducing processed meats is recommended
- Preserve muscle mass by eating additional lean protein and doing strength training; support immune function
- Prioritise joy, purpose, and quality of life
- Over 60s generally require fewer calories, but it's important to avoid deficiencies. A focus on nutrient-dense, colourful foods (rather than beige, processed ones) is helpful.



At every stage of life, access to fast, reliable medical support is essential. Virtual healthcare services provide instant access to GPs, specialists, and mental health professionals, enabling you to stay on top of your health at any time and from anywhere.

