

Join the Live Longer Better Revolution.

[All photos from Centre for Ageing Better Age Positive Image Library](#)



Live Longer Better

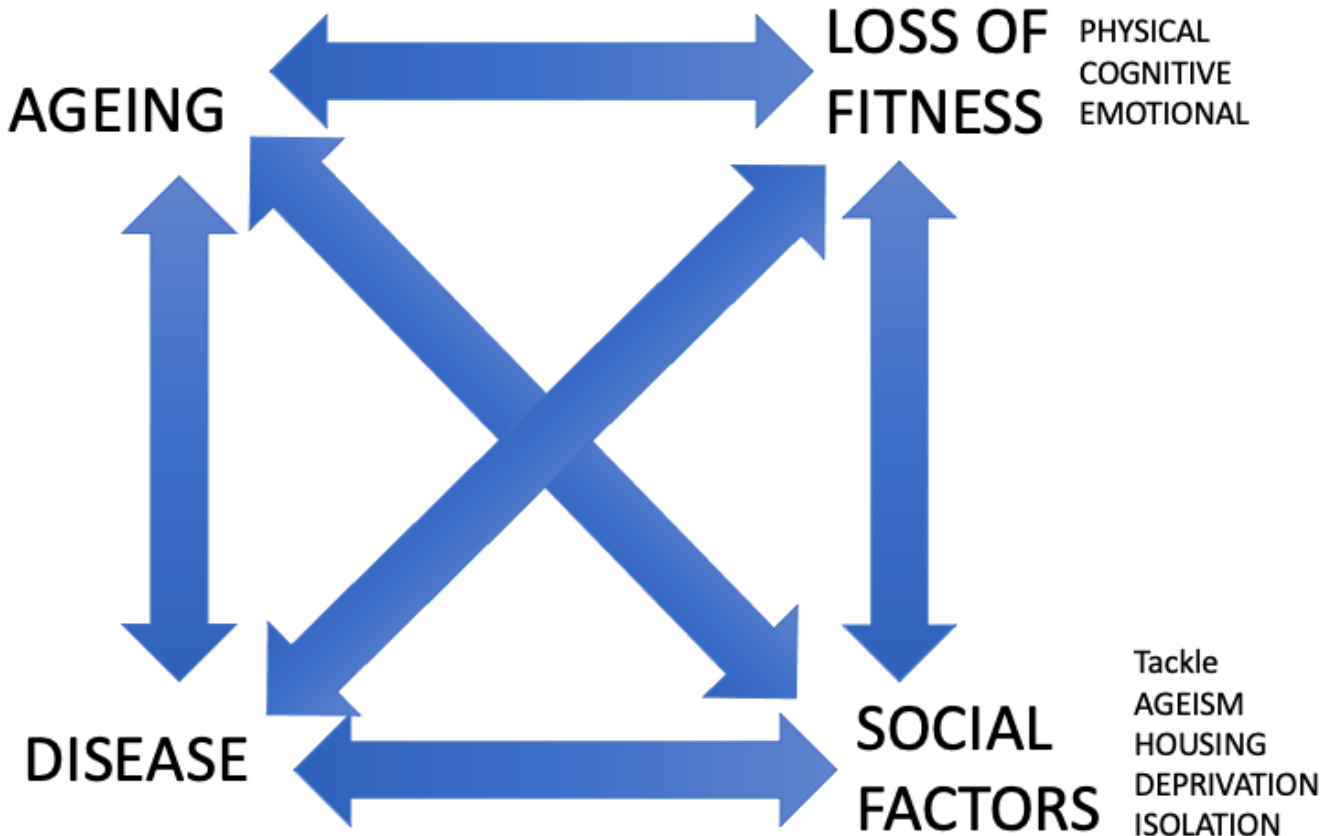
The revolutionary movement – hearing the call of the future
Sir Muir Gray

The government's ambition is to achieve five extra years of healthy life expectancy by 2035 and close the gap between richest and poorest

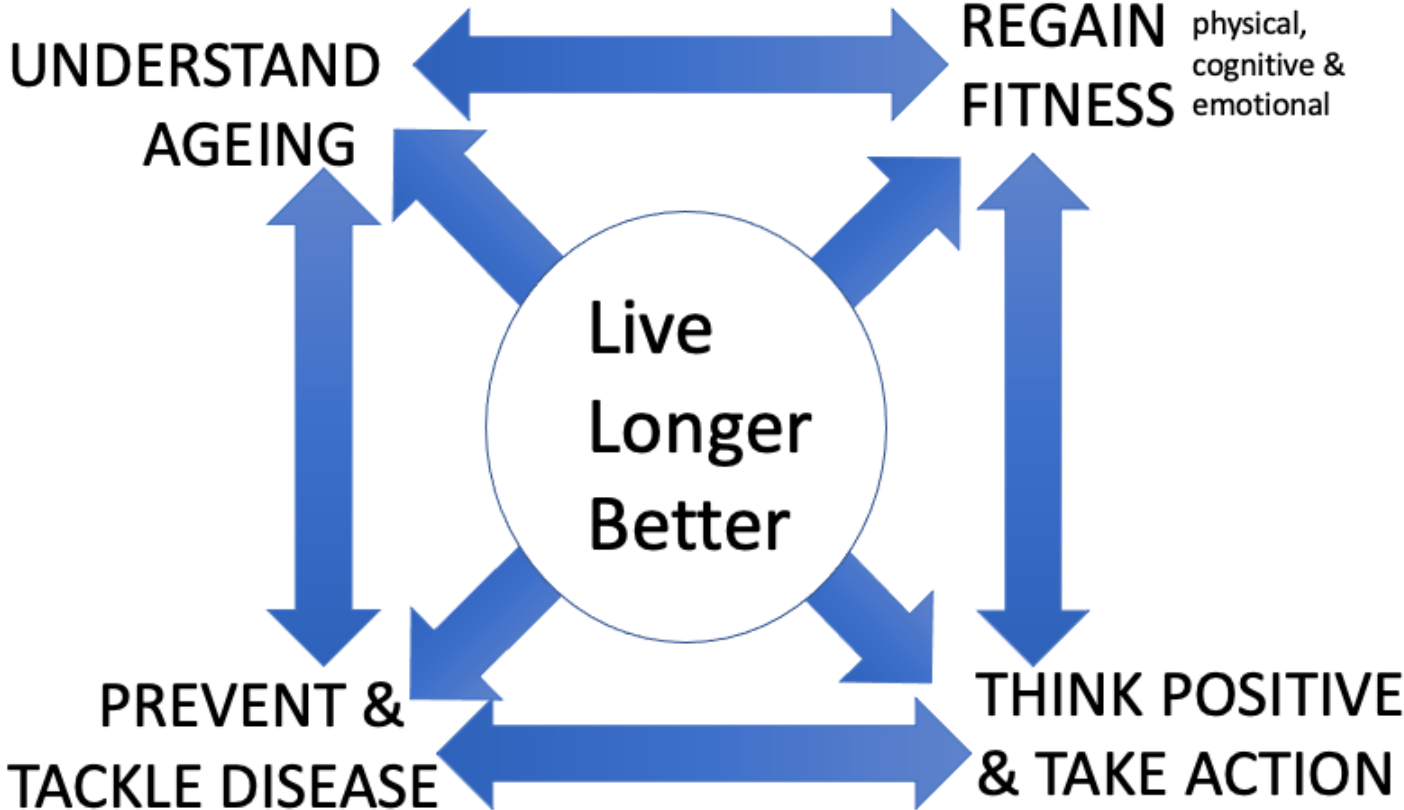
This means 4 months extra per year, starting this year and this would have an impact on the need for health and social care, reducing:

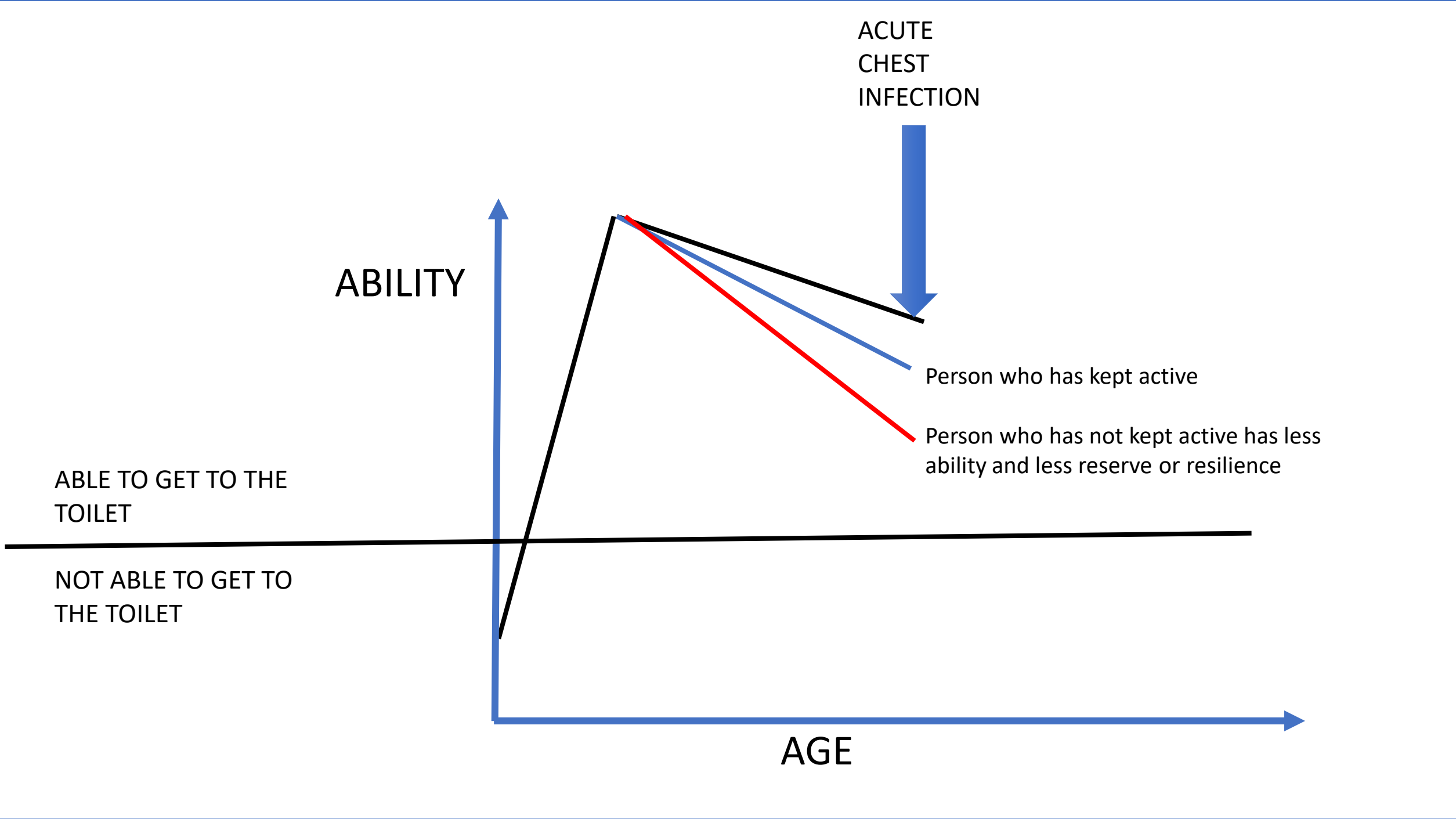
- the risk of admission of acute health problems
- duration of stay
- being unable to return home

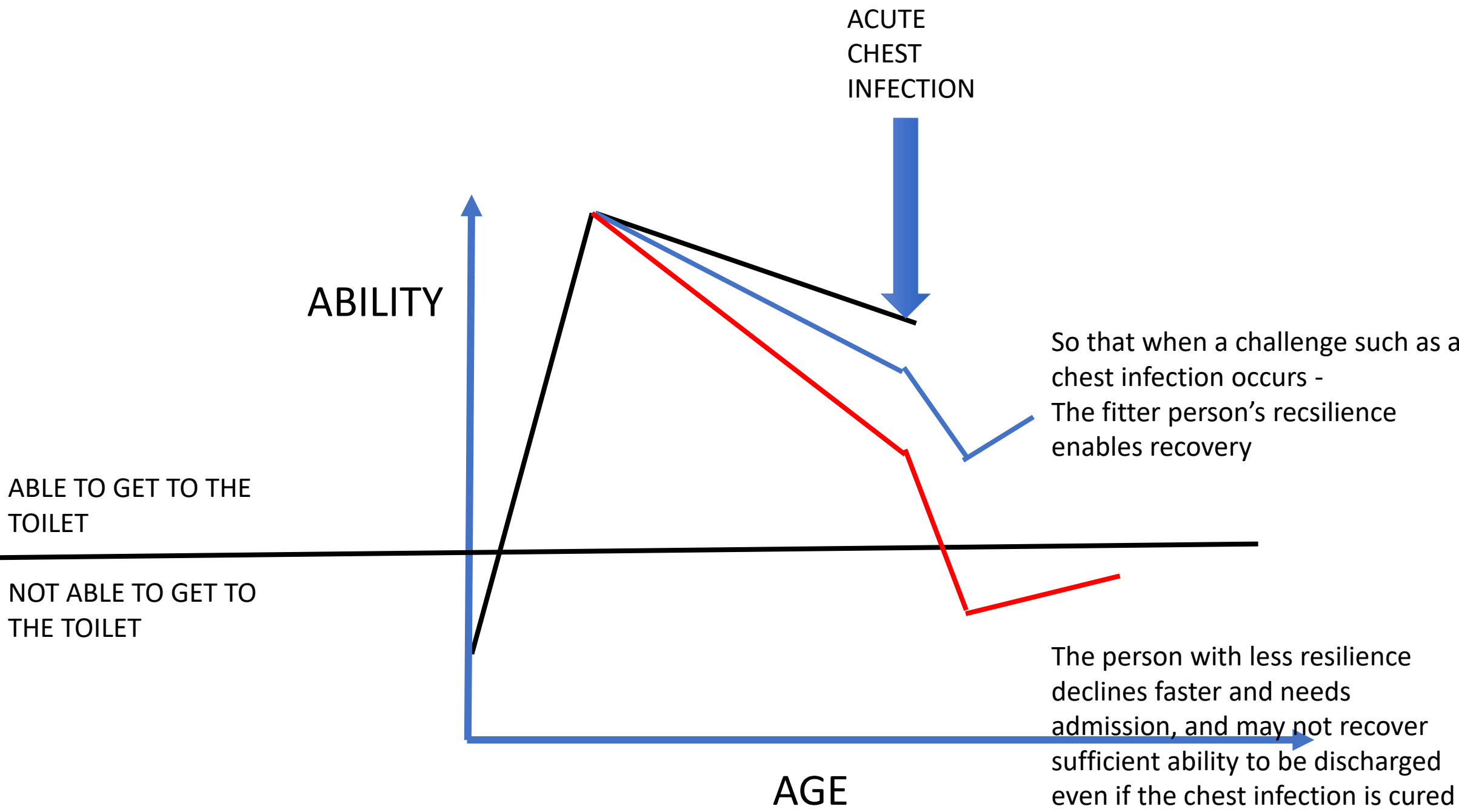
The Science Base



The Evidence Base





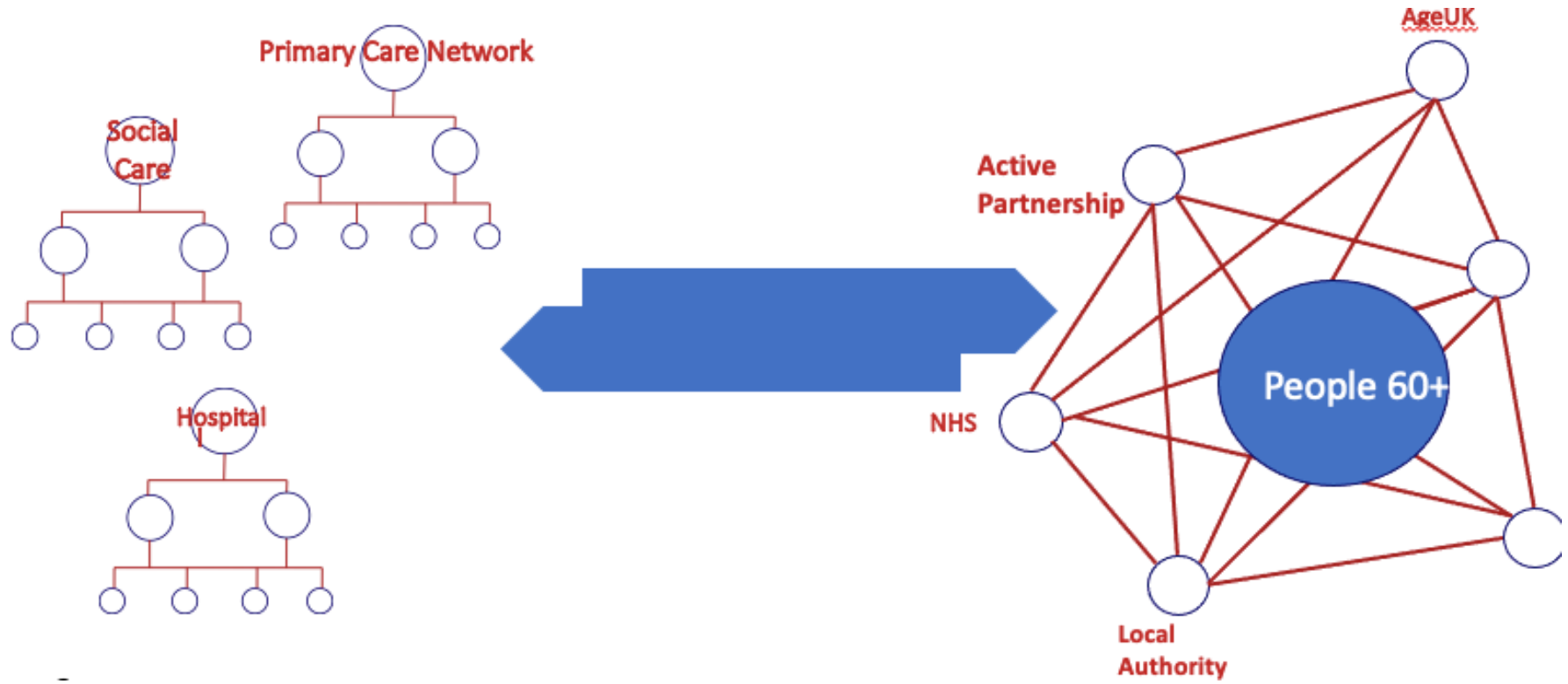


The aim of Live Longer Better is to increase healthy life expectancy or healthspan

Many changes are necessary in society, but our contribution is to:

- Inform and enable and support activity, physical, cognitive and emotional
- The daily dozen for strength, skill and suppleness and 30 or even 11 minutes a day of medium intensity for stamina
 - Better in groups, face to face and digital - even better with a purpose e.g., the local Wildlife Trust

Develop a Living Longer Network for Every population



Get every agency focused on the
systems objectives

Change the culture, change the way people think and talk by promoting the Learning Programme; start with all the network members and then ask each of them to find at least ten to spread the message.

Going digital as well as face to face,
prescribing knowledge and activity
prescriptions linked to every drug
prescription and every birthday and
dispensing daily doses of group activity.