



WOMEN'S WELLNESS:  
FOOD, BODY, HORMONES  
Week THREE

WOMEN AND AGEING WELL

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# What happens in our bodies as we age?

- The grandmother hypothesis – the older woman's purpose
  - Illness is not certain
  - But we all do have changes in- \*
1. Oxidation of our cells
  2. Mitochondrial dysfunction
  3. Glycation – toast!
  4. Inflammation
  5. Epigenetic modifications



\* Source – 'Exercised' by Daniel Lieberman, (pages 233 onwards)

But there is hope!  
Ageing and getting old are not inextricably linked.



# The key things to do for active lifespan



# And lastly – our attitude counts

Guy Robertson -The 10 Positive Steps of Positive Ageing -  
'Ageing is inevitable, getting old is optional'

Susan Saunders - The Age Well Plan - 'You are as old as you  
feel'