

Healthy after 60

FOR CAREGIVERS

Five detailed guides, with the evidence



What is proven about ageing well, in plain words.
Every number sourced.



Dr Sucheendra K. Palaniappan
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suchee.org/after-60 Updated 17 October 2026

Healthy After 60

A fuller evidence-based guide for Indian healthy ageing

From **Dr Sucheendra K. Palaniappan**,
computational biologist and AI researcher



What is proven now, what is promising, and what is mostly marketing.

More healthy
tomorrows
for the India
you love

Active
Independent
Connected
Confident

1 Move, strength, and balance

Be active every day.
Keep your muscles, bones
and balance strong.



Daily movement



Strength exercises



Better balance

2 Protein, fibre, and Indian food

Enjoy simple, wholesome
Indian foods for energy,
strength and overall health.



More vegetables and fruits



Adequate protein
(e.g. dal, eggs,
fish, paneer)



Whole grains and fibre

3 Gut and bowel health

A happy gut helps digestion,
bowel regularity, immunity
and overall well-being.



Fibre-rich Indian diet



Drink enough water



Probiotics and fermented foods (e.g. curd, idli, dosa)

4 Weight, blood pressure, sugar, and lipids

Keep key numbers in a healthy range to prevent heart disease, stroke and other problems.



Healthy weight



Blood pressure



Blood sugar



Lipids (cholesterol and triglycerides)

5 Kidney, bone, eyes, ears, and teeth

Protect and monitor key organs that help you stay independent and enjoy life.



Kidney health



Bone health



Eye health



Hearing health



Dental health

6 Sleep, mood, memory, and social connection

Good sleep, an active mind and strong relationships help you live a happier, longer life.



Sleep 7-8 hours



Keep your mind active



Stay socially connected



Manage stress and mood

7 Medicines, vaccines, and yearly review

Use medicines safely, keep vaccinations up to date and review your health with a doctor every year.



Take medicines safely



Vaccines (e.g. flu, COVID-19, shingles, pneumonia)



Yearly check-up and review of all medicines

8 Screening, red flags, and what frontier science really says

Get the right tests at the right time, know warning signs, and separate real science from hype.



Key screening tests



Know the red flags



Latest science explained simply



What is promising and what is mostly marketing

Healthspan is built mostly by daily basics done well.



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Same good habits.
Brighter tomorrows.



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HEALTHY AFTER 60

FOR CAREGIVERS · 01 / 05

The full picture

Education, not medical advice. Talk to your doctor.

Movement, muscle, balance, and frailty.

The biggest anti-ageing tool is preserved function.

From Dr Sucheendra K. Palaniappan, computational biologist and AI researcher



Movement keeps you independent, prevents frailty, and adds healthy years to your life.

Strong today for a more independent tomorrow

Move well
Stay strong
Keep doing what you love

1 Be active every week.



Aim for at least **150 minutes** a week of moderate activity if you are able to.



Brisk walking



Cycling



Swimming

2 Do strength training.



At least **2 days** a week. Build and maintain muscle mass, strength and bone health.



Resistance bands



Dumbbells or water bottles



Body weight exercises

3 Train your balance.



At least **3 days** a week. Reduces falls and helps you stay confident and independent.



Heel-to-toe walking



Single leg stand (near support)



Tai Chi or simple balance drills

4 Sit less, move more.



Break up long periods of sitting. Get up every **30-60 minutes** to stand, stretch or walk for a few minutes.



Set a reminder



Stand and stretch



Short walks often

5 Know the signs of sarcopenia and frailty.



- Weakness (difficulty rising from a chair)
- Slow walking speed
- Exhaustion and low energy
- Unintentional weight loss
- Repeated falls



These are warning signs. Early action can prevent disability and loss of independence.

6 Train the key muscle groups.



Chair rise (sit to stand)

Squats to chair

Stair climbing



Wall push-ups



Calf raises



Resistance bands



Focus on legs, hips, back and grip strength. These are essential for everyday activities like walking, climbing stairs and carrying groceries.

7 Look after your feet.



- Foot care is especially important if you have diabetes.
- Check feet daily for cuts, blisters or swelling.
- Keep nails trimmed, wear well-fitting footwear, and treat problems early.



Healthy feet keep you active and reduce the risk of falls and infections.

8 What the science says.



Preserving strength and gait speed predicts independence and a lower risk of disability and death better than chasing a low body weight.



Maintaining muscle strength and walking speed in later life is strongly linked to longer independent living.



Being active, stronger and able to walk faster matters more than just having a low body weight.



Exercise at any age can improve muscle, balance and physical function.

Movement today for many more tomorrows.



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Stronger steps. Brighter tomorrows.



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HEALTHY AFTER 60

FOR CAREGIVERS · 02 / 05

Muscle, balance and frailty

Education, not medical advice. Talk to your doctor.

Protein, Indian food, gut health, and metabolic basics.

Good food
good gut
brighter
tomorrows

Simple food patterns beat expensive longevity products.



1 Many older adults benefit from roughly 1.0–1.2 g protein per kg body weight per day if kidneys allow.



Adequate protein helps maintain muscle, strength, immunity and independence.



Maintain muscle and strength



Stay independent longer



Better immunity



Stronger bones

2 Spread protein across meals.

Aim for some protein at breakfast, lunch and dinner for better muscle protein synthesis.



Protein at breakfast



Protein at lunch



Protein at dinner

3 Good protein options from Indian diets.

Dal, chana, paneer, curd, milk, eggs, fish, chicken, soy/tofu, peanuts and other nuts.



Dal, chana, rajma



Paneer, curd, milk



Eggs, fish, chicken



Soy/tofu, peanuts and nuts

4 Keep rice or roti but add protein and vegetables.

Enjoy traditional foods. Make your plate balanced with dal, paneer, eggs, fish or chicken, and plenty of vegetables.



Keep rice or roti



Add protein



Add vegetables



A balanced Indian meal

5 Protect muscle and do not overdo weight loss.

In older age, focus on strength, function and healthy weight. Crashing diets can lead to muscle loss, weakness and frailty.



Preserve muscle mass



Stay strong and active



Better balance



Healthy weight loss if needed

6 Fibre from vegetables, fruit, legumes and whole grains supports bowel health.

Include a variety of colourful vegetables, fruits, dal, beans, whole grains like brown rice, millets and whole wheat.



Vegetables every day



Fruits every day



Legumes (dal, beans, chana)



Whole grains (millets, brown rice, whole wheat)

7 Constipation improves with fibre, fluids, movement, and review of constipating medicines.



Drink enough fluids



Daily movement



High fibre foods



Review constipating medicines with your doctor

8 Curd and fermented foods may help some people.

Curd, idli, dosa, kanji, dhokla and other fermented foods can support gut microbes in some people, but probiotic marketing often outpaces the evidence.



Curd



Idli, dosa



Other fermented foods



Probiotic marketing often outpaces evidence

9 Salt under 5 g a day total, and sugar is still sugar even when called jaggery or honey.

Use less salt, avoid processed foods, and limit sugary foods and drinks. Jaggery and honey are still sugar and should be used sparingly.



Salt < 5 g/day



Limit sugary foods and drinks



Jaggery and honey are still sugar



Choose water more often

10 No tobacco. Alcohol is best minimized.

Tobacco in any form harms almost every organ and increases cancer and heart disease risk. Alcohol is best avoided or kept to a minimum.



No tobacco in any form



Alcohol best minimized or avoided

11 Gut health for older adults = bowel regularity, comfort, and a varied high-fibre diet, not expensive microbiome tests.



- ✓ Regular bowel movements
- ✓ Less bloating and discomfort
- ✓ Varied, high-fibre diet
- ✓ Adequate fluids
- ✓ Daily movement
- ✓ Review constipating medicines if needed

Real food. Regular movement.
Healthier tomorrows.

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Simple choices.
Stronger days.
Better tomorrows.



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HEALTHY AFTER 60

FOR CAREGIVERS · 03 / 05

Protein, gut and metabolism

Education, not medical advice. Talk to your doctor.

Monitoring, prevention, and age-appropriate screening! :-

Healthy ageing depends on both habits and follow-up.

Regular check-ups today for a healthier tomorrow. ❤️



1 Blood pressure

Check regularly. Keep in the target range advised by your doctor.



Healthy heart



Lower risk of stroke



Stay active longer

2 Blood sugar (HbA1c when appropriate)

Screen if at risk or as advised. Helps detect diabetes early and keep it under control.



Detect early



Prevent complications



More energy

3 Lipids (cholesterol and other fats)

Check periodically. Helps reduce risk of heart attack and stroke.



Healthy heart



Lower risk



Active, independent life

4 Weight and waist

Maintain a healthy weight and waist size. Reduces risk of diabetes, heart disease and other problems.



Healthy weight



Healthy waist



Better mobility

5 Kidney function

Check especially if you have diabetes or high blood pressure. Helps detect problems early.



Protect kidneys



Monitor early changes



Prevent complications

6 Medication review and polypharmacy

Review all medicines regularly with your doctor. Avoid unnecessary medicines and harmful interactions.



Right medicines



Fewer side effects



Safer, healthier living

7 Vaccines

Keep vaccines up to date (e.g. flu, COVID-19, pneumonia, shingles, tetanus) to prevent serious illness.



Prevent serious illness



Fewer hospital visits



Stay active and independent

8 Bone health and osteoporosis

Check bone density if advised. Get calcium and vitamin D from food, do weight-bearing exercise and prevent falls.



Stronger bones



Vitamin D and calcium



Prevent fractures

9 Fall-risk review

Discuss your risk of falls. Review balance, walking, home safety and vision.



Better balance



Safer home



Prevent falls

10 Vision, hearing, dental and oral health

Get your eyes, hearing and teeth checked regularly. Good senses and oral health help you stay connected and independent.



Clearer vision



Better hearing



Healthy teeth and gums

11 Urinary symptoms and incontinence

Discuss symptoms like frequent urination, urgency or leaks. Treatments can help you stay comfortable and active.



Manage symptoms



Better sleep



Stay active and confident

12 Foot care (especially in diabetes)

Check your feet daily. Look for cuts, blisters, redness or loss of sensation. See a doctor early for problems.



Check daily



Spot problems early



Prevent infections

13 Sleep apnoea clues

Look for loud snoring, pauses in breathing, daytime sleepiness or morning headaches. Ask your doctor if you may have sleep apnoea.



Better sleep



Breathe better



Healthier heart

14 Age-appropriate cancer screening

Get recommended screening tests based on your age, risk factors and health status. Do not do indiscriminate annual tests.



Right test for the right person



Early detection when needed



Avoid unnecessary tests

Your yearly review checklist



- ☐ Blood pressure
- ☐ Weight change
- ☐ Falls
- ☐ Mood
- ☐ Memory
- ☐ Sleep

- ☐ Medicines (review all)
- ☐ Vaccines (as due)
- ☐ Vision
- ☐ Hearing
- ☐ Teeth

Not all tests are every year.

Some tests are yearly, while others are one-time or every few years depending on your age, risk factors and overall health. Your doctor will advise the right schedule for you.

Prevent today. Stay independent tomorrow.



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Check. Prevent. Live fully. ❤️



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HEALTHY AFTER 60

FOR CAREGIVERS · 04 / 05

Monitoring and screening

Education, not medical advice. Talk to your doctor.

Supplements, frontier science, and what is actually worth your attention.

Separate what is proven, promising, and mostly marketing.

Make informed choices for a healthier, brighter tomorrow



1 ✓ Proven now

Strong evidence. Do these for healthy ageing.



Exercise

Daily movement improves heart, brain, bone and mental health.



Strength training

Builds muscle and stronger bones. 2–3 times a week.



Protein adequacy

Include good quality protein in each meal.



Blood pressure and diabetes control

Keep numbers in a healthy range to protect heart, brain, kidneys and eyes.



No tobacco

Avoid smoking and tobacco in any form.



Sleep

Aim for 7–8 hours of good quality sleep.



Vaccination

Stay up to date on flu, COVID-19, pneumonia and other recommended vaccines.



Hearing and vision treatment

Get hearing and vision problems checked and treated.



Social connection

Nurture family, friends and community. Good relationships help you live longer.



2 📈 Promising or situational

Early evidence or useful in specific situations. Discuss with your doctor.

Creatine with resistance training

May help improve strength, muscle mass and physical function in older adults.



Vitamin B12 or vitamin D (when indicated)

Useful if you have a deficiency or are at high risk (for example, low sun exposure, older age, vegetarian diet).



Calcium (when intake is low)

Consider if dietary intake is inadequate. Best from food sources when possible.



Omega-3 fatty acids (in selected people)

May help heart health in people with high triglycerides or existing heart disease.



Protein powder (as convenience)

Useful to meet daily protein goals when dietary intake is low.



Curd and fermented foods

May support gut health due to beneficial microbes. Include traditional options such as curd, buttermilk, idli, dosa, dhokla, kanji and other fermented foods.



3 ✗ Mostly marketing / not established for routine use

Insufficient evidence for healthy people. Not recommended outside clinical trials or specific medical advice.

Biological-age clocks for routine use

Still experimental. Not ready for clinical decision-making in healthy people.



NMN / NAD boosters (e.g., NMN, NR)

No proven benefit in humans for healthy ageing.



Microbiome testing for longevity

Interesting research, but not useful yet for routine personalised advice.



Continuous glucose monitors (CGMs) in healthy people

Not recommended for people without diabetes.



Multi-supplement stacks

Taking many supplements together has no proven benefit and may cause harm or unnecessary cost.



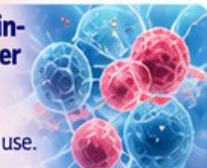
Plasma or IV longevity drips

No good evidence of benefit and possible risks.



Senolytics and rapamycin-like drugs (outside proper medical context)

Very early research. Not safe or recommended for general use.



! Know the red flags and seek urgent care

Do not ignore these symptoms.



Stroke symptoms
Sudden face drooping, weakness (especially on one side), or slurred speech.



Chest pain
Pressure or tightness in chest.



Sudden breathlessness
At rest or with minimal exertion.



New confusion
Sudden change in alertness or behaviour.



Blood in stool or urine
Even if painless.



Unintentional weight loss
Losing weight without trying.



Recurrent falls
Especially with injury.



Trouble swallowing
Persistent or progressive.



Non-healing wounds
Sores that do not heal in 2–3 weeks.

Healthspan is built mostly by daily basics done well.

Better choices today. More tomorrows to enjoy.



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HEALTHY AFTER 60

FOR CAREGIVERS · 05 / 05

Supplements, honestly

Education, not medical advice. Talk to your doctor.