

Healthy after 60

FOR SENIORS

Five simple guides to healthy ageing

HealthyAfter60
A simple science-backed guide for Indian seniors

The goal is not to look younger. It is to stay healthy, active and independent for longer.

1 Move daily
2 Eat enough protein
3 Keep the waist in check
4 Know your numbers
5 Sleep well
6 Stay connected
7 Use supplements carefully
8 Keep the gut moving
9 Know red flags

Simple habits matter more than expensive anti-ageing products.

Dr. Sucheendra K. Palaniappan
Computational biologist & AI researcher
suchee.org/after-60

Move every day. Build strength. Prevent falls.
Muscle and balance protect independence.

1 Walk most days
2 Sit less, break long sitting
3 Do strength training
4 Practice balance most days
5 If you have diabetes, take extra care
6 Falls are not a normal part of ageing
7 Check your feet daily for cuts, blisters or swelling. Wear safe shoes and use handrails when climbing stairs.

Daily goal: move, sit, stretch, and stay steady.

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Computational biologist & AI researcher
suchee.org/after-60

Eat Indian food well.
Keep the rice or roti. Add enough protein and fibre.

1 Protein at every meal
2 Include familiar Indian foods
3 Do not chase thinness after 60
4 Card and fermented foods are key
5 Drink enough water
6 Limit salt
7 Sweets and fried foods are a trigger
8 Avoid tobacco, keep alcohol low
9 For the gut: eat vegetables, fruits, curries and soups. Skip meat-based curries.

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Know your numbers.
Check in every year.

1 Check key health numbers
2 Kidney health check
3 See, hear and smile well
4 Review your medicines
5 Stay up to date with vaccines
6 Check bones and cancer screening

Not every blood test is needed every year, but a yearly health review is wise.

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Sleep well. Stay connected. Stay independent.
Healthy ageing is physical, mental and social.

1 Get good sleep every night
2 Keep your mind healthy
3 Stay socially connected
4 Use aids when needed
5 Common problems are treatable
6 Supplements are optional
7 Read, stay up and maintain interests
8 Move
9 Eat well
10 Check yearly
11 Stay connected

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



Dr. Sucheendra K. Palaniappan
Computational biologist & AI researcher
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Healthy After 60

A simple science-backed guide for Indian parents

Live stronger,
stay independent,
enjoy the things
you love. ❤️

**The goal is not
to look younger.**

It is to stay healthy,
active and independent
for longer.



1 Move daily



**2 Eat enough
protein**



**3 Keep the waist
in check**



**4 Know your
numbers**



5 Sleep well



6 Stay connected



**7 Use supplements
carefully**



**8 Keep the gut
moving**



9 Know red flags



Simple habits matter more than expensive anti-ageing products.



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HEALTHY AFTER 60

FOR SENIORS • 01/05

Start here

Education, not medical advice. Talk to your doctor.

Move every day. Build strength. Prevent falls.

Muscle and balance protect independence.

1 Walk most days



Aim for at least 30 minutes of brisk walking on most days. Even 10–15 minutes at a time is helpful.

2 Sit less, break long sitting



Sitting for long periods can weaken muscles. Get up and move for a few minutes every 30–60 minutes.

3 Do strength training 2–3 times a week



Use bodyweight, resistance bands or light weights. Do simple exercises like chair rises, wall push-ups, leg lifts and arm exercises.

4 Practise balance most days



Heel-to-toe walking near a wall



One-leg stand holding support



Chair rises (sit to stand)



Calf raises (hold a support)

5 If you have diabetes, take extra care



Check your feet daily for cuts, blisters or swelling. Keep feet clean and dry. Wear well-fitting, comfortable footwear.

6 Falls are not a normal part of ageing



Falls can be prevented. If you feel dizzy, unsteady, or have had repeated falls, get a medical review. Your doctor can check for causes and suggest solutions.



Daily goal: move, lift, stretch, and stay steady.



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Computational biologist & AI researcher

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HEALTHY AFTER 60

FOR SENIORS • 02 / 05

Move daily

Education, not medical advice. Talk to your doctor.

Eat Indian food well.

Keep the rice or roti.
Add enough protein
and fibre.



1 Protein at every meal



Protein helps you keep muscle strong after 60.

2 Include familiar Indian foods



A vegetable-rich thali



Vegetables, fruit, dal, beans, nuts and whole grains help the gut and bowel regularity.

3 Do not chase thinness after 60



Stay at a healthy weight and protect muscle. Strength matters more than being very thin.

4 Curd and fermented foods are fine



Curd, idli, dosa, kanji and other fermented foods are good. Expensive probiotics are usually unnecessary.

5 Drink enough water



Keep well hydrated unless a doctor has told you to limit fluids.

6 Limit salt



< 1 teaspoon a day



Keep total salt to under 1 teaspoon a day from all sources.

7 Sweets still count as sugar



Jaggery, honey and sweets still increase sugar in the body.

8 Avoid tobacco, keep alcohol low



Tobacco in all forms harms health. Alcohol is best kept low or avoided.



For the gut: dal, vegetables, fruit, curd and water help more than expensive probiotics.



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Computational biologist & AI researcher

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HEALTHY AFTER 60

FOR SENIORS · 03 / 05

Eat Indian food well

Education, not medical advice. Talk to your doctor.

Know your numbers. Check in every year.

Healthy ageing is also about catching problems early.



1 Check key health numbers



Blood pressure



Blood sugar / diabetes check



Cholesterol / lipids



Weight and waist

2 Kidney health check



- Kidney tests (blood and urine), especially if you have diabetes or high blood pressure.

3 See, hear and smile well



Vision check



Hearing check



Dental check

4 Review your medicines



- Go over all your medicines with your doctor.
- Include supplements and herbal products.
- Check for side effects or interactions.



Take a list of your medicines to the doctor.

5 Stay up to date with vaccines



- Flu vaccine (every year)
- COVID-19 updates (when advised)
- Shingles vaccine (usually from age 50+)
- Pneumonia vaccine (according to advice and availability)

6 Check bones and cancer screening



Bone health review (especially if at risk of osteoporosis).



Age-appropriate cancer screening (such as breast, cervical, colorectal, prostate) based on your age, risk and doctor's advice.



Not every blood test is needed every year, but a yearly health review is wise.



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FOR SENIORS · 04 / 05

Know your numbers

Education, not medical advice. Talk to your doctor.

Sleep well. Stay connected. Stay independent.

Healthy ageing is physical,
mental and social.



1 Get good sleep every night

Aim for 7–8 hours of sleep. Talk to a doctor if you snore loudly or feel very sleepy in the daytime.



2 Keep your mind healthy

Memory, mood and purpose matter. Keep learning, do hobbies, solve puzzles and stay positive.



3 Stay socially connected

Meet family and friends regularly. Have people who expect to see you. Join a group, club or faith/community activity.



4 Use aids when needed

Hearing aids, glasses, canes and walkers are tools, not failures. They help you stay active and independent.



5 Common problems are treatable

Constipation, urine leakage, poor sleep, low mood and pain are common and treatable. They are not just a part of ageing.



6 Supplements are optional

Vitamin B12, vitamin D, calcium, protein powder or creatine may be useful in some people. Take them only when needed. If you have kidney disease, ask a doctor before taking any supplements.



Red flags — get medical attention



Chest pain or tightness



Stroke signs (face drooping, weakness, slurred speech)



Fainting or loss of consciousness



Blood in stool or urine



Sudden confusion



Unexplained weight loss



New trouble walking or repeated falls



Move.



Eat well.



Check yearly.



Stay connected.



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FOR SENIORS · 05 / 05

Sleep and connection

Education, not medical advice. Talk to your doctor.