Week 1

NAOMI FERSTERA

THE HEALTHY AGEING PROJECT

MISSION STATEMENT

The Healthy Ageing Project is a free initiative that empowers people to age well through simple, science-backed tips on nutrition, movement, and lifestyle. We rely on our community to share and spread the message—because healthy ageing should be accessible to everyone.

Mum and I at my graduation at Deakin University in 2018.

About Naomi

Naomi Ferstera is an accredited exercise physiologist, nutritionist, and PhD candidate at The University of Queensland, where she researches how exercise can improve brain health in older adults. With over two decades of experience in health and fitness, Naomi is passionate about making science simple and accessible. The Healthy Ageing Project is her way of giving back—created in honour of her Mum who is in the final stages of dementia, and driven by a mission to help others live longer, healthier lives.

UPCOMING EVENTS & ANNOUNCEMENTS

UPCOMING MEETING

ZOOM

Check FB for our next meeting details

or email naomi@naomiferstera.com

Nutrition

As we age, getting enough high-quality protein becomes increasingly important—not just for maintaining muscle mass, but also for supporting overall longevity. Recent research shows that older adults who consume more than the standard recommended daily allowance of protein (0.8g/kg of body weight) tend to have lower mortality rates. This challenges older beliefs that high-protein diets might be harmful. The key is quality: a mix of plant and animal proteins, rich in essential amino acids like leucine, can help preserve strength, support immune function, and promote healthy ageing.

Exercise

Walking is one of the simplest yet most powerful tools for healthy ageing. A recent study published in the British Journal of Sports Medicine found that people who increased their daily walking to around 160 minutes could add up to 11 years to their life expectancy. Even modest increases in walking —like 10 minutes a day—can significantly reduce the risk of heart disease, diabetes, and premature death. Walking improves cardiometabolic health, supports mental well-being, and is accessible to nearly everyone, making it a cornerstone habit for longevity.

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WEEKLY MENU AND EXERCISE PLANNING

Blank copies of the menu and schedule can be found on the website. Click on the images to download a copy.

Research

🧬 Latest Longevity Research

A new study from McMaster University has identified a protein called MANF that helps cells clean up toxic protein clumps—linked to age-related diseases like Alzheimer's and Parkinson's. Boosting this cellular "clean-up" process could be key to healthier ageing.

Another exciting finding: Caffeine activates a cellular stress sensor called AMPK, which may help cells cope better with ageing.

I will add videos to Facebook and the website explaining more about these findings!

3 Action Items for the week

- Go to bed on time - you will feel so much better if you start going to bed and getting up at the same time every day.
- Switch out one high calorie snack for something lower calorie, with high fibre. A couple of pieces of fruit or a fruit salad would be a great option!
- Take a 10-minute walk after lunch or dinner - this helps regulate blood glucose and it's a great way to just feel good.

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