



# Age is just a number



It seems like in 2013, the phrase "age is just a number" has become widespread and is used more than ever before. This infographic conveys what the human spirit is really capable of achieving despite your age, and also highlights some interesting facts that people may not know.

## Facts and Figures

In 1961, there were 315,000 people aged 65 or over in the Republic of Ireland (ROI). At the 2011 census, there were 535,393, an increase of 70%.

1961

2041

By 2041, there will be 1.4 million in ROI aged 65 and over, three times more than the older population now.

The number of 85+ year olds is predicted to rise from 74,000 in 2006 to 356,000 in 2041 on the island of Ireland.

2006 to 2041

**Rupert Murdoch**  
an aging business man that continues to get out of bed every morning

This media mogul shows that as you get older there is certainly no need to slow down when it comes to getting deals done, if anything he has gotten better with age.



**The 100 year old man who ran a marathon!**

Indian-born British citizen, Fauja Singh, took up running at age 80 and trains by running about 10 miles a day.



After being released from jail at the age of 24, Bernard went on to become one of the most accomplished "old" athletes of all time, winning the world championship at the incredible age of 48.

**Bernard Hopkins**  
the current Light Heavyweight Champion of The World



## Tips on how to stay fit and healthy as you get older



Load up on high-fibre fruits, vegetables, and whole grains.



Put an effort into making your food look and taste good.



Find an activity you like and that motivates you to continue.



Walking is a wonderful way to start exercising.



Make sure your bedroom is quiet, dark, and cool.



Ensure to regularly socialize with neighbours, friends and family.