Live Longer Better Professor Sir Muir Gray

Learn to live better longer, with former Chief Knowledge Officer of the NHS, who shares his secret elixir of life

Sir Muir Gray, former Chief Knowledge Officer for the NHS, has developed this course to demonstrate how anyone over the age of 60 should be making active changes to their lifestyle in order to live longer, better. The course is based on a lifetime of experience and scientific research at the highest level and will encourage you and your audience to re-examine the way you talk about and effect the process of ageing. You will finish the course with a newfound positive outlook on this process that can be shared with colleagues, clients, and friends.

You will be invited into a classroom of no more than 20 students who share your interest in changing the culture around ageing. Muir has pre-recorded 12 lessons, each 6 minutes long, which will give you the fundamentals of changing the way you look at ageing. There are notes attached for further study and each lesson has an optional assignment which you can upload into the virtual classroom.

You will be able to chat with others taking the course and view and comment on your and other's assignments. On completion of the course you will be able to re-visit the classroom to re-watch the material or to continue conversations with fellow classmates.

The 12 Lessons are:

- Understanding ageing
- Improving Physical Fitness
- Preventing and coping with disease
- Ageism
- Understanding the changing brain and mind
- The importance of Purpose planning
- Increasing strength and Power
- Maintaining and Improving Skill and Co-ordination
- Increasing stamina
- Increasing Suppleness
- Increasing brainability and reducing your risk of dementia
- The importance of purpose

See Sir Muir's intro to the course Click Here