

What happens as we get older?

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With hormone levels changing, immune systems weakening, and bodies that become more susceptible to certain injuries or conditions, for men, some of these changes can be fairly gradual.

They may find that they have less energy or that their memory isn't as good as it once was. They may notice that it takes longer to recover from an illness or injury, or they may even experience fluctuations in their mood.

These are natural changes that happen as testosterone levels become lower and muscles, bones, and joints weaken over time. As an individual gets older, it becomes more and more important to manage their health, adapt their exercise routine and take time to maintain good mental health.



WHAT CHANGES AND HEALTH ISSUES COULD AFFECT MALE MEMBERS AS THEY GET OLDER?

Muscles, bones and joints

Bones may become weaker with age. They often lose density and can even shrink in size, making them more likely to fracture or break. Likewise, muscles and joint ligaments tend to become weaker and less flexible, which means there's an increased risk of injury, pain or a loss of stability.

Prostate

As men get older, the risk of experiencing complications with their prostate will increase. An enlarged prostate can lead to issues with urination, while prostate cancer is the most common cancer among men in the UK. ¹

Mental health

Depression, mood swings, stress and mental fatigue are all common in older men, and can lead to a loss of sex drive or impotence, further impacting the mood.

There are multiple cause for mental health challenges, from hormonal changes to difficulty dealing with physical limitations or lifestyle shifts. It's important not to ignore these feelings and seek help if struggling.

HOW TO LOOK AFTER ONESELF AS THEY GET OLDER

Sleep

When we sleep, our bodies can recharge. Our muscles and cells repair themselves and our minds relax. Aim for around seven to nine hours of sleep per night, ideally going to bed and waking up at the same time each day.

Healthy habits

Whatever an individual's age, one of the best ways to look after their older self is to cut out the bad habits now, and then replace them with healthy habits, like eating well and only drinking in moderation. By managing their lifestyle, the member can help prevent health conditions and stay healthy as they get older.

Exercise

Regular exercise is always important. But as a member gets older, they may need to adjust their routine to avoid injury or focus on the kinds of movement that will benefit them the most.

By swimming, instead of running, for example, the member will aid their mobility and flexibility without risking damage to important joints and muscles.

Hydration

Drinking plenty of water is important for the immune system, energy levels, digestion, maintaining a healthy weight, organ function and healthy skin. So, we need to stay hydrated.

Keeping your mind active

It's not just our bodies that can weaken as we age. We need to maintain a healthy mind too. Brain training can help improve memory and keep the mind alert. This can include doing puzzles, reading and socialising. Physical activity is also very important for mind health.

Ageing can also affect mood, so mindfulness exercises, therapy and taking time for oneself is important when it comes to easing stress levels and understanding emotions.



1 Prostate cancer statistics – [Cancer Research UK](#)