BEACONBRIDGE
WEALTH PARTNERS

Staying Active & Healthy in *Retirement*

The health benefits of staying active and social as you age are hard to ignore. From lowering your risk of depression and dementia to improving your strength and stamina – there are a lot of good reasons to keep moving and stay engaged with your community.

Maintaining a healthy and social lifestyle can be challenging as we go through the different stages of life. Change is inevitable and it can become harder to meet new people, stay in touch with old friends or do the activities you once did.

While aging may bring its challenges, the truth is your retirement years are the ideal years to prioritize your health. It's the time to picture the life you want, enjoy more freedom and flexibility, stay connected with others, enhance your mental health, take part in physical activity and continue learning.

So how do you stay active and healthy in retirement? Here are some of the most effective ways to maintain an active mind, healthy body and balanced lifestyle well into your retirement years:

Be Intentional

By creating a routine, you can “schedule” time to think about and participate in your new active lifestyle.

Take the time to think about the routine you would like to establish. What are your intentions for the time you have gained back? Do you have new “goals” or projects that you will be spending time on?

By setting intentions, you are able to focus on the positive things around you and the small things that will contribute to your happiness.

Walk and Talk

Joining a walking group is a great way to stay both social and active. Check to see if there’s a group in your local area through your community center. If you can’t find one, why not start your own?

Nearly one-fourth of older Americans are considered to be socially isolated which can contribute to higher rates of depression and an increased risk of dementia[1]. Walking with a group will help you get to know your neighbors, explore your local community and connect with new people. In the cooler months, see what indoor activities your local fitness centers have to offer.

Join a book club

Starting or joining a book club is the perfect way to make new friends. If you can't find a book club near you, reach out to those around you that have similar interests and would be happy to get together to discuss books over morning tea or refreshments. **Many popular book club novels have suggested discussion questions in the back pages of the book for ideas and tips!**

Find a fitness buddy

Exercise at every age is important but for those over the age of 65, it's essential to maintain independence, recover from illness and reduce the risk of disease or illness.

Finding a fitness buddy or joining an exercise class that interests you will make exercising more enjoyable. There are plenty of organizations that offer activity classes specific to your fitness goals.

Start small and choose activities that will help to strengthen muscles and improve cognition, which becomes crucial as you age. These classes may also teach you exercises and stretches which can be done at home.

Become a volunteer

One of the greatest aspects of retirement is having the freedom to choose how you would like to spend your time. Volunteering is a great way to meet new people and give back to your local community. Apart from helping others, you'll be enhancing your own wellbeing through a sense of fulfilment and belonging. Reach out to organizations that interest you or chat with your local council to see if any local groups need help.

Boost your brain power

Show your competitive and strategic side by organizing a game night. You could bring board games, host a card night or put on a trivia event. Card and board games can be a fun way to establish a weekly or monthly social event and exercise your brain without exerting too much energy.

Throw a Dinner Party

Learn how to create a new, healthy meal and share it with friends! Whether you watch it on YouTube, go to a local cooking class or you're more advanced and come up with your own recipe, putting healthy and delicious foods into your body will sustain your active lifestyle for years to come!

Get into the garden

Gardening has proven health benefits for both mind and body including stress-relief and brain health. Some studies suggests that daily gardening can reduce the risk of dementia by 36%.

If you don't have your own garden, see if your local area has a community garden you can help with. Apart from getting some light exercise and vitamin D, you can grow your own fresh fruit, vegetables and herbs, which will benefit your health and your hip pocket.

Learn a new skill

While older often means wiser, it's never too late to learn something new. Retirement can be the perfect time in your life to learn something you've always had an interest in, such as an instrument, language or creative activity.

See what is on offer at your nearest college or community school. You'll not only learn something new but create new social connections!

Want to learn more about our approach to *Total Retirement?*

Reach out to us to learn how to make the best decisions possible for you, your retirement and your plan to *live well.*

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