



Having an Active Retirement

Did You Know?

With age, lean body mass decreases. Staying active throughout retirement can help reduce this loss of lean body mass and help maintain physical fitness!

Staying active throughout retirement can help you stay strong and fit, and continue to help you stay independent and able to do the activities you enjoy. Making physical activity a part of your life as an older adult can reduce the risk of chronic diseases such as heart disease or arthritis, and can improve both mental health and energy levels!

Why is it important to stay active as you age?

Staying active can benefit muscular strength, bone strength, mental wellness, and heart and lung strength. It can also lower blood pressure, cholesterol, and keep off unwanted weight that often occurs with age.

Tips for staying active:

- Being active doesn't just mean exercise, so find something you enjoy and stick with it! Join a meet up group, hike, bike, or swim. Often times being active with others is more enjoyable and motivating.
- Walking is one of the best and easiest ways to be physically active. Being outside is especially helpful, as sunlight allows for increased Vitamin D levels and mental health generally improves. Try walking every day!
- Weight bearing exercise is especially important to prevent osteoporosis and to maintain bone strength. Consider lifting weights, swimming, or joining a group fitness or water aerobics class.
- Be sure to start slow. If it means only getting out for a short walk or doing an exercise video for 10 minutes, it is a great place to start!



Reap the many benefits of active living during your retirement years—it can be both rewarding and enjoyable!