



# RETIREE BENEFITS

## News

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### Staying active during retirement

Now that you are retired, you may be looking forward to days of relaxation and doing things that make you happy. While those are important, and well earned, it's also necessary to focus on your health and well-being. One way of maintaining good health is through living an active lifestyle. And when it comes to being physically active, it's never too late to start! Physical activity can help maintain heart health, good sleep, emotional and mental wellness, bodyweight, strength and motion, and increase quality of life. Here are some tips to help you stay active and maintain your health and wellbeing during retirement.

#### Get the Green Light

Before beginning any new exercise program or physical activity, it's important to get the green light from your primary care provider. Ask your provider about any health concerns or medical problems that physical activity could affect. It's important to make sure what types of exercise and physical activity are safe for you to do.

#### Get your ZZZs

Sleep is not a luxury, but a vital component overall health and well-being. It allows your body to rest, recharge, recover and function at your very best. Getting at least 7-9 hours of sleep each night will help you maintain healthy cognitive function, enhance emotional wellbeing, and provide your body with energy to stay physically active and fit. And in return, no matter what time of day, physical activity can help you sleep better by reducing stress and maintaining your circadian rhythm.

#### Learn something new

It's never too late to learn something new, and why not learn a new skill to keep you physically fit and healthy! Take a dance class, advance your golf skills, or take up gardening. Trying new skills cannot only help you stay active; it boosts brain function and memory and can help you make new friends and stay socially connected.

#### Stay connected with old friends and make new ones

One of the best ways to stay committed to being active is to include your friends and family. While the day to day busy slows down during retirement, it can be easy to become isolated, and research shows that loneliness is toxic to health and wellbeing. Making exercise a social experience can help you stay connected and motivated. Go for a walk with love ones or take an exercise class with friends.

#### Build Strength

Maintaining muscle and bone strength is important to reduce injuries like falls and strains. Strength training, or weight bearing exercises, with dumbbells, resistance bands, or even body weight helps build strong bones and reduce risk for fractures. Maintaining muscle mass through strength training helps joints stay flexible and can help improve balance to reduce risk of falls and strains.

#### Do it often

It's recommended to be physically active for at least 150 minutes each week. Go for a 30 minute walk each day, ride a bicycle, garden or do yard work, or take an aerobics class at your gym. Be creative and do what you enjoy!