

STAYING ACTIVE IN **RETIREMENT**

Steps you can take that can help you achieve an active and healthy retirement



866-686-8097 | www.RLBFinancial.com

Investment advisory services are offered through RLB Financial a registered investment adviser. Insurance products and services are offered through individually licensed and appointed insurance agents. FINRA <http://www.finra.org>

STAYING ACTIVE IN RETIREMENT

Steps you can take that can help you achieve an active and healthy retirement

You've worked hard to plan for your retirement. Once you achieve this milestone, it's important that you're fit and healthy to enjoy the fruits of your hard work. As we age health issues are more likely so it's a good idea to stay as fit as possible once you stop working. Here are a few economical ideas that can help you stay active and healthy during your retirement years.

Yoga

Yoga is becoming popular in retirement communities because of the benefits of stretching and breathing exercises. These breathing and stretching techniques can help reduce stress, help keep your body limber, and improve balance.

There's multiple forms of Yoga, so make sure to choose one that best fits your needs and abilities. There are a lot of resources on-line for choosing a form of Yoga, instructors, and classes.

Walking & Jogging

Many neighborhoods and retirement facilities have designated walking areas and some even have jogging paths for you to use. Walking for 30-45 minutes each day can provide health benefits and keep your body strong.

Coupling this with stretching and staying hydrated can potentially help you keep common health issues at bay, like Arthritis. Just make sure you consult your doctor before implementing any exercise program and be sure to focus on a program that best fits your needs and abilities.



Landscaping

Lawn care services can be expensive and add up over time. Maintaining your own landscaping like mowing can be a great way to get exercise in while enjoying the outdoors. You're also able to ensure your lawn is maintained the way you want it.

Another landscaping idea is to start a backyard garden. Gardens have many benefits. Not only can you grow healthy organic food, but there's a certain sense of satisfaction from enjoying food you grew yourself, and maintaining your garden provides additional exercise.

Swimming

Swimming is also a great way to exercise and stay active. Many neighborhoods have community swimming pools that you can make a part of your weekly routine.

Swimming is a great form of exercise because it works a lot of different muscle groups, and at the same time, is typically easier on your joints. Swimming also can provide heart health benefits.

Whether you're doing water aerobics or just walking the shallow end, the mild resistance of the water provides a great workout.



Volunteering also provides great social interaction and can help you to make new friends. If you feel like you're missing the daily routine and comradery of a work life, this may be a good solution.

There are many resources on-line to help you find the right volunteering opportunity for you.

Nutrition

Having a poor diet can really effect your over all health and performance. It's important to everyone to have a healthy well balanced diet, and even more so for seniors.

Strive to have the proper amount of fiber and hydration in your diet and avoid unhealthy foods that contain saturated fat like sweets and fried foods.

Volunteer

Volunteering provides many benefits. One is the satisfaction you'll get from helping a group or organization that focuses on something that's important to you. Maybe it's your church, a local library or school, or even an animal shelter.

Get Plenty of Rest

It's difficult to maintain an active lifestyle if you're not getting the rest your mind and body needs. Make sure to listen to your body and rest when you need to.

If you're just getting started with any of the activities mentioned here, it's important to understand you may need to ease into your new routine. Don't get discouraged, you'll be able to do more as your body adjusts to the new activities.

Remember that a body in motion, stays in motion. So get out there and enjoy your retirement!

STAYING ACTIVE IN RETIREMENT

Steps you can take that can help you achieve an active and healthy retirement

The content in this brochure are merely suggestions. It is strongly recommended that you consult with your physician before beginning any exercise program.

We are not a licensed medical care provider and represent that we have no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition.



866-686-8097 | www.RLBFinancial.com

Investment advisory services are offered through RLB Financial a registered investment adviser. Insurance products and services are offered through individually licensed and appointed insurance agents.

FINRA <http://www.finra.org>