

Thriving in retirement

Retirement isn't a finish line, but a new phase of life that can last 25 years or more. Here are five ways to care for your physical, emotional and mental health to help you enjoy retirement to its fullest.

Spending time in nature can lower the stress hormone cortisol and decrease your risk of cardiovascular disease.¹ Walking, hiking, biking and kayaking are fun and healthy ways to spend time outside.



ENJOY SOME FRESH AIR



USE TECH TO STAY FIT

Wearable gadgets like Fitbits and Apple Watches can help motivate you to stay active and healthy. Apps like MapMyWalk or Strava help track your fitness accomplishments, connect with other exercise enthusiasts and encourage friendly competition.

Elevate both your body and mind through thoughtful exercises. Yoga, Pilates and tai chi are fun, low-impact ways to move your body while practicing mindfulness.



FIND YOUR ZEN

EAT FOODS THAT FUEL YOU



Eating whole foods like fruits and vegetables, whole grains and lean protein – and limiting processed foods like cookies and crackers – can help reduce your risk of developing type 2 diabetes, cancer and heart disease.²

Explore activities that keep your brain firing. Learn a new language, take up painting, do crossword puzzles or read the latest best-selling book. This can help prevent memory loss and keep your brain sharp.³



KEEP LEARNING

¹ UC Davis Health, 3 Ways Getting Outside into Nature Helps Improve Your Health. May 2023.

² Global Wellness Institute, Processed vs. Whole Foods: The Science of Nutrition. December 2023.

³ Cleveland Clinic, Importance of Keeping Brain Active After Retirement. September 2023.

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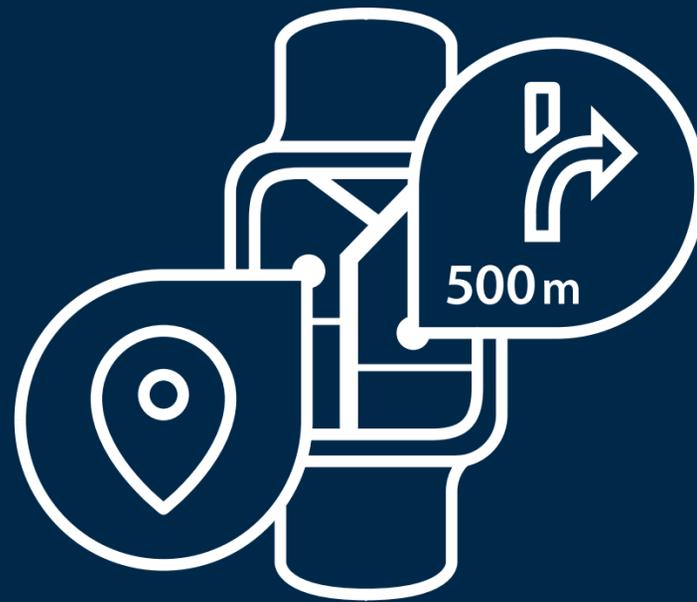
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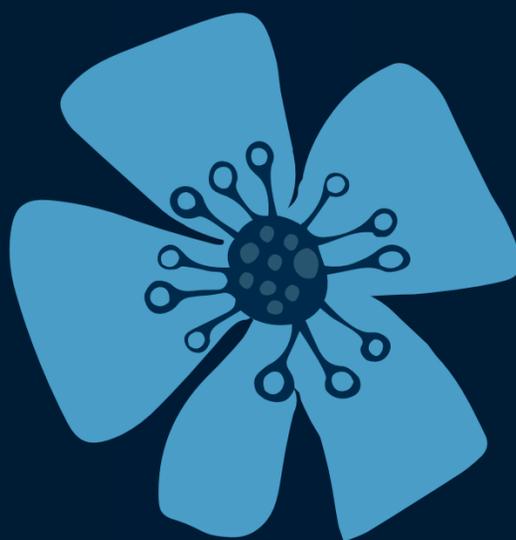
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Eating whole foods and limiting processed foods can reduce your risk of type 2 diabetes.



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Sources: UC Davis Health, Global Wellness Institute, Cleveland Clinic

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