

How to stay mentally and physically fit in retirement

Whether you've already reached retirement or are readying yourself for it, there's no denying it signals a big change in your life. Here the top 10 suggestions for staying alert and active in your golden years.

Find your joy

To fight feeling a loss of purpose, find something that gives you a sense of achievement and joy, such as travelling, looking after the grandchildren or volunteering.

Learn new things

You're never too old to learn something new, so look into free courses on offer, learn a language, an instrument or go back to university.

Embrace youth

There's nothing like having younger friends to keep you feeling young. It will keep you up-to-date with the latest trends and technologies, and in return you can share your wisdom and experience.

Get a dog

A new four-legged friend will keep you active, get you outdoors, make you laugh and, as an added bonus, help you to meet new people.

Stress less

A worry-free mind will keep you mentally happy and healthy, so make sure your financial affairs are in order, and tackle all those little jobs you've been putting off.

Laugh often

Laugh as much as you can. Having a good sense of humour and a positive attitude is a must to enjoying your retirement years.

Use it

Do crosswords, puzzles, chess, Sudoku, knitting, reading, jigsaws, cards, and board games – anything that stretches your brain.

Move it

Whether it is Zumba, walking, yoga, lawn bowls, golf, swimming or whatever you can manage, exercise is key to a healthy mind and body.

Reflect and revitalise

Be satisfied with who you are and what you've achieved. Learn to live at a slower pace and enjoy the journey as well as the destination.



Source: AMP