

The benefits of being fit in retirement

You've heard it a million times: regular exercise is a necessary part of staying healthy. Studies have even shown clear benefits that come from continued physical activity, including longer life, fewer doctor visits, lower medical bills, greater ability to go about our daily routines, and so on. The problem is, most of us aren't very good at sticking to the things we should do. Instead, we'd rather focus on the things we want to do. But who says you can't do both? After all, there's so much to gain by putting a little "active" into our daily activities.



The physical benefit of being fit

Remaining physically active as you get older doesn't necessarily mean running marathons or traversing mountainsides. It can be as simple as going for a peaceful walk, as relaxing as spending time out in the garden, or as exhilarating as hitting the trails on your bike. Regardless of what your fitness level is, simply engaging in lifelong activity can bring tremendous age-defying results, including better sleep, better balance and reduced risk of falls, reduced risk of certain chronic diseases, reduced stress, stronger bones and muscles, greater ease with daily tasks, increased energy, and more—all contributing to a much more enjoyable and fulfilling retirement.

The financial benefit of being fit

There's a lot of focus on the health benefits associated with physical activity, but being fit can pay off financially too. Research has shown that individuals who remain physically fit throughout retirement have fewer chronic diseases, such as diabetes, heart disease, and joint/mobility problems—not to mention better mental health. The more time and positive energy spent on worthwhile activities, the less health issues there are to worry about—as well as less money to spend on costly healthcare services.

The mental benefit of being fit

Aerobic capacity or muscle size aren't the only factors that motivate people to exercise. Regular activity can have a profound impact on you mentally as well. Studies have shown that exercise has the power to treat mild to moderate depression and anxiety as effectively as antidepressant medication by promoting changes in the brain, including neural growth, reduced inflammation, and new activity patterns that stimulate feelings of calmness and well-being. Most importantly, exercise serves as a distraction, allowing you to break the cycle of negativity that often feeds depression.





The social benefit of being fit

One of the most beneficial outcomes of regular physical activity is the power it has to improve self-esteem and self-confidence. As your emotional health improves, your social relations may also improve. You may find you're more likely to take that first step toward meeting new people because of your increased confidence. Additionally, participation in a fitness class or team activity will provide opportunities to establish new friendships and share common interests—all of which contribute to a greater sense of self-worth, belonging, and purpose.

At Summit Vista, we recognize that when it comes exercise, it's never too late to start. And our community offers an endless variety of ways to do it. After all, the benefits of living an active lifestyle aren't just good *for* you, they're good *to* you as well.

If you're interested in actively learning more about everything Summit Vista has to offer, we invite you to stop by for a personalized tour of our vibrant community and clubhouse. Not only will you get a first-hand look at the wonderful amenities and activities available to our residents, but you'll also have a chance to meet them and chat about life at Summit Vista.



Call 385.509.6748

today and RSVP for our next community preview event.

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