

*Let's welcome aging!  
It's important to realize that aging offers new  
opportunities for growth and development, additional  
chances to pursue happiness, and more time  
to live a better life.*

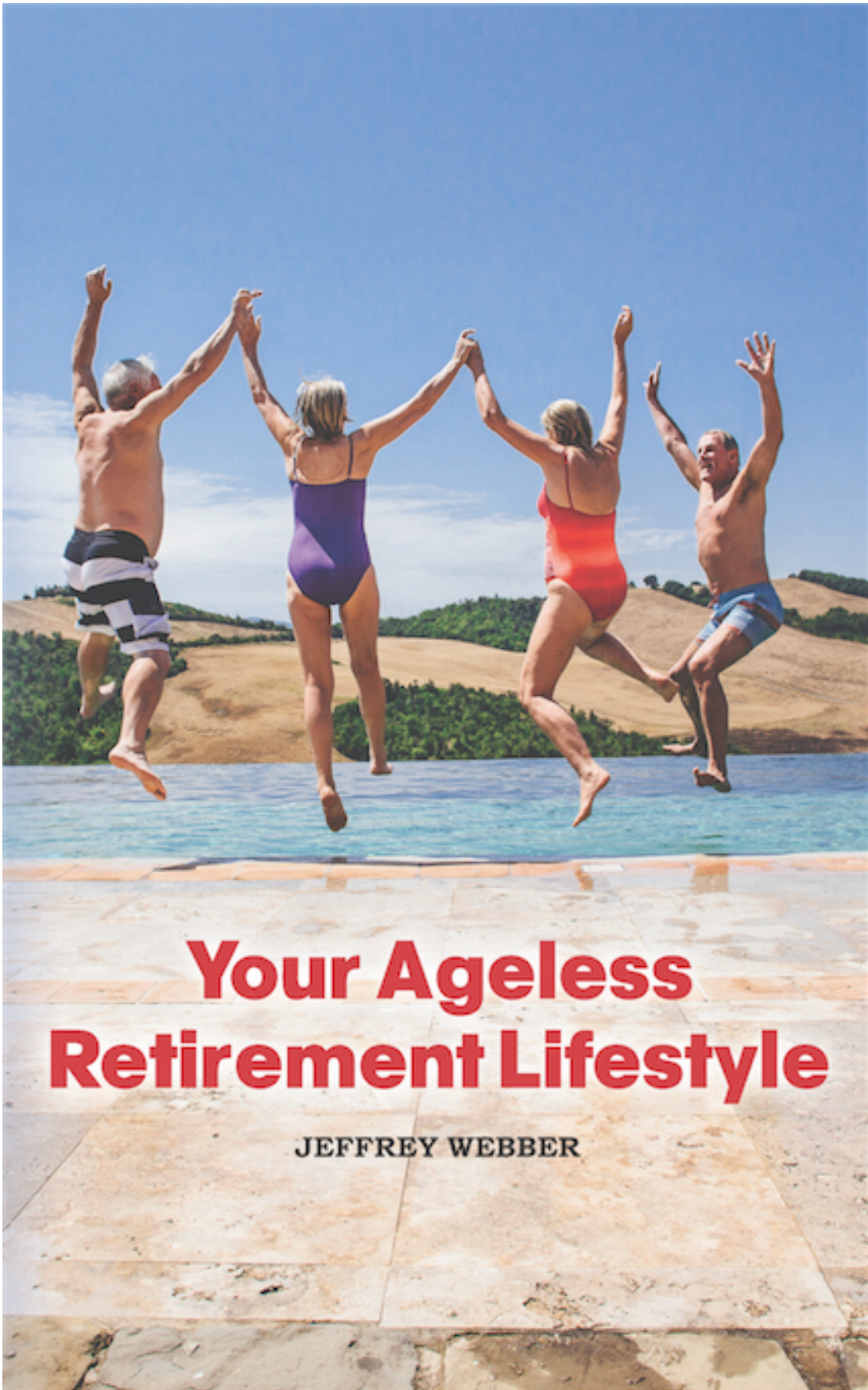
## **Your Ageless Retirement Lifestyle**

by Jeffrey Webber

**Order the complete book from the publisher  
[Booklocker.com](http://www.booklocker.com)**

<http://www.booklocker.com/p/books/9638.html?s=pdf>

**or from your favorite neighborhood  
or online bookstore.**



# **Your Ageless Retirement Lifestyle**

**JEFFREY WEBBER**

Copyright © 2017 Jeffrey Webber

ISBN: 978-1-63492-695-9

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, recording or otherwise, without the prior written permission of the author.

Published by BookLocker.com, Inc., St. Petersburg, Florida.

Printed on acid-free paper.

BookLocker.com, Inc.  
2017

First Edition

## TABLE OF CONTENTS

INTRODUCTION – A Sense of Purpose-Get to Know Yourself.....	1
CHAPTER 1 – Develop That Plan for Retirement.....	15
CHAPTER 2 – Pursue Your Passions: Creativity is Stimulating.....	21
CHAPTER 3 – Relaxation and Stress.....	28
CHAPTER 4 – Reduce Financial Stress .....	44
CHAPTER 5 - Socialization.....	48
CHAPTER 6 – Enhance Your Mental & Physical Health: Be Happy .....	57
CHAPTER 7 – Fitness is Important.....	81
CHAPTER 8 – Learning is Stimulating .....	96
CHAPTER 9 – Eat Healthy .....	101
CHAPTER 10 – Volunteer .....	108
CHAPTER 11 – Keep on Working.....	121
CHAPTER 12 – Adopt a Pet: It Can Be Therapeutic.....	142
CHAPTER 13 – Travel is Invigorating .....	148
CHAPTER 14 – Your Grandchildren are Vital.....	156
CHAPTER 15 – Romance & Sex During Your Senior Years.....	165
CHAPTER 16 - Great Livable Cities For Retirees.....	172

CHAPTER 17 – Invigorating Retirement Communities:  
Encouraging That Active Lifestyle..... 180

CHAPTER 18 – Profiles of the Reinvigorated  
& Vital ..... 188

Suggested Reading..... 201

Website Directory..... 207

## **INTRODUCTION – A Sense of Purpose-Get to Know Yourself**

Is it not a fact that we would all prefer to maintain a healthy, active, and vital lifestyle during these years of retirement? My feeling is, let's welcome aging! It's important to realize that aging offers new opportunities for growth and development, additional chances to pursue happiness, and more time to live a better life.

A study by Yale University indicates that when people were primed to see aging in a better light, in terms of growing both physically and mentally, a definite feeling of positivity developed. This included improvements in physical strength.

Dr. Dean Ornish, founder of the Preventive Medicine Research Institute, feels that it is time to embrace lifestyle medicine. That would include appropriate diet (preferably plant based), stress management techniques, including yoga and meditation, moderate exercise, and social support. In short, eat well, move more, stress less and love more.

I thoroughly agree with the preceding suggestions as my wife and I definitely follow that prescription.

We think of good health as an enhancement of our lives. It invigorates, energizes, and enlivens us.

Boomers want to take charge of themselves and be vital. Certainly, being vital does affect health in a positive way. Since it is generally agreed that we are living longer and healthier lives and, vitality may readily exceed that of our parents. Most retirees would like to stay active and vital. And, being vital does include pursuing individual interests and causes.

Basically, we need to change the way we see ourselves. As I previously indicated, I see aging not as a decline in life, but rather as a way to continually grow. A mind-set that includes courage is important. Certainly, it is important to have a sense of purpose and positive self-image. That is, I see myself as an integral part of society with a desire to try new things and develop new skills while exploring life's possibilities. Then, you will look forward to aging as opposed to fearing the process. You will actually expect the best. So, for example, I expect to begin taking drum lessons as well as begin tap dancing. Remember, we are living longer, healthier lives so there is time. Realistically, try to do the things you've always meant to do. So, if you've thought of yourself as a creative

individual (painter, musician, poet or whatever), now is the time to rediscover your passions.

Generation V research sponsored by Bayer indicates that Baby Boomers can follow the following suggestions to stay vital and healthy:

- do fun things
- participate in hobbies or outdoor activities
- keep stress under control (forthcoming chapter)
- go to a doctor for regular checkups
- exercise (forthcoming chapter)

Some of the concerns of Boomers are indicated in the results of the following Yankelovich Boomer Dreams study:

- not being able to live in your current home 39.6%
- being bored with life 35.4%
- having enough to do to keep busy 33.8%
- being stuck doing the same things each day 33.7%
- living somewhere that is not vibrant and exciting 29.4%
- finding a community of other people to be with 26.2%



J. Walker Smith, in his book *Generation Ageless*, suggests that old age, with a youthful feeling attached, will cause Boomers to remain vigorous and engaged as they age. This may readily transform the aging process for many boomers into one of not getting old or slowing down. This feeling of youthfulness becomes a process of exploration and self-discovery. Part of this process is being passionate about things that are important. Not getting old means having renewed vigor and energy for the ongoing adventure of life and the continuing process of being engaged. Additionally, having a long-lasting influence in making a difference and a sense of personal development is important.

### **A Happy and Optimistic Attitude Helps**

Evidence exists that indicates those who attempt to put forth a positive and happy attitude are indeed more invigorated.

I feel strongly that it is important to think of your age as an advantage. Never mind the gray hair, or failing eyesight, or bulging belly. This portion of your life should be a time for you to reap the benefits from the many years of wisdom gained from learning, working, and traveling.

Studies show that the major happiness includes (along with a good perspective on the future):

- maintaining close family and friend connections....(at this point in our lives we should be especially glad to have family to lean on)
- appreciating nature
- valuing small pleasures
- being healthy both mentally and physically
- practicing inner power which includes better patience and self-control as well as freeing yourself from self-doubt and despair
- striving to master new skills
- helping the needy
- spirituality in terms of creating inner peace

There are studies by the University of California that indicate that the more one focuses on personal goals and being happy, the more loneliness prevails. Social relationships can be important in creating more long-term positive emotions and most conducive to happiness.

Certainly, ideas suggested in previous paragraphs of this chapter do enhance that sense of happiness. And, your individual needs and lifestyle may dictate what your happiness ingredients may be.

Dr. Hilary Tindle, a physician and clinical investigator at Vanderbilt University, has produced a study on the connection between attitude and health, and it all points in the direction of just being hopeful.

As with most matters involving health, much success comes down in large part to lifestyle. That is, diet, exercise, adequate sleep, and positive attitude. Although a 70-year old individual is 10 years older than a 60-year old, a happy, active 70 may have a better long-term perspective than a cynical, sedentary 60.

Then, there is the idea of being realistically optimistic. Realistic optimism means accepting outcomes while realizing that there are limits to what is possible. Life is full of twists and turns and we do not always get what we want. However, we can try to make the best of what we have. If physical obstacles become an issue, it may be time to create new dreams. We really need to set new goals and have dreams we can potentially accomplish.

Dr. Robert Delamontagne in his book *The Retiring Mind* suggests the following Happiness

Realizations, which may help you recognize deep truths about yourself:

1. Everything is perfect as it is. Consider the outcome if you began to accept the way things are rather than judging. He suggests that you stop comparative judgment.
2. Going with the flow has power. Experiencing truth about matters you may feel a harmonious flow with the universe.
3. Accept happiness as a basic human condition. It is good to trust that things are moving in the right direction. Listen to yourself and your internal energy may readily increase.
4. The inner nature of everything is love. The author believes that this is a major happiness realization.

### **Healthy Body Leads to a Healthy Mind**

Many of us entering this period of our lives can easily become lethargic because we lack the energy and vitality to move on. This can readily lead to lack of stamina and be caused by inappropriate health habits.

Taking care of your body is every bit as important as nurturing your mind and can lead to dramatic gains in energy levels throughout the day

and create a broader perspective on life, in general. As we seek to gain better control of our own health, we begin to take more responsibility for it. We can then seek out better information in an effort to make healthier choices.

The following are some suggestions to help you improve the aforementioned items.

Getting enough sleep is essential to sustaining your energy level.

Eat to enhance your energy level. There is definitely a connection between the types of food you eat and the energy they supply.

Take vitamins and supplements. Certainly this process will benefit you if you are not getting enough nutrition from the food that you eat. It may be that the food that you eat lack the right vitamins, or your body is not absorbing them properly.

Create an exercise plan. Exercise not only increases your muscle tone and metabolism, it also increases your energy, acts as a stress reducer, and can strengthen your body's immune system. My daily plan begins with a 2-mile power walk. That is followed by a tandem bicycle ride with my wife, or pickleball, or tennis, or a hike. Ultimately, I feel great because of the preceding.

In general, be physically active. That is definitely an integral part of a healthy lifestyle. You can readily devise a plan of recreational activities that you partake in on a daily basis.

Improve your physical flexibility. This process will also improve your flexibility in other areas of your life. This can be accomplished by simply stretching regularly.

Do you use tobacco? At the time of this writing it is estimated that more than 440,000 Americans die of tobacco related illnesses each year. Coming up with a tobacco quit plan would include justifying the action, setting a quit date, getting support from family members, and finding alternatives to the habit such as nicotine replacement products.

Certainly another physical issue to be concerned about is your weight. Try to determine your body mass index (BMI). There are a variety of resources available online. If you would like to loose weight attempt to develop a weight-loss plan. That would include setting a weekly goal, eating five or more servings of fruits and vegetables daily, and working with your health care provider to develop an exercise plan.

## **Perf-ect Health**

Here is an interesting formula by Dr. Kenneth Shultz, author *Happy Retirement – the Psychology of Reinvention*:

**P:** Produce-eat fresh fruits and vegetables

**E:** Exercise-stay as active as possible

**R:** Relaxation- try to have at least 15 minutes of laughter and enjoyment every day

**F:** Fiber-keep your digestive system healthy

## **Feel More Energetic**

In an effort to be more energetic and vital it is important that we understand and make a sincere effort to enhance our sources of energy.

Those sources can include:

- physical energy – made up of physical exercise, nutrition, and rest
- emotional energy – our sense of self influences our ability to perform to our capacity
- cognitive energy – Challenging our brain can make us better a better able to focus on memory: keep on learning in whatever way interests you. Not only will you feel

invigorated but also, your long-term memory will be enhanced.

- purposeful energy – the emphasis here being on having a sense of direction to life in general and what is important to you

### **Know Your Strengths**

Most of us have a variety of strengths. Perhaps you are an avid do-it-“yourselfer”, love to volunteer and give back, and even love nature.

The following suggestions may assist you in your awareness of your top traits:

What am I good at, what do I really like?

What comes naturally to me and energizes me when I do it?

What strengths do I utilize at home, with friend, and alone?

What strengths are so very important to me that I would experience a great loss if I had to forgo them for a period of time?

An interesting way to visualize your best qualities is to take the strengths survey at the website of the VIA Institute on Character ([www.viacharacter.org](http://www.viacharacter.org)). The survey will help you know and develop your character and create a



positive effect on your personal strengths. You can reinforce your strengths by trying new things that may satisfy your curiosity.

### **Our Past Lives Shape Us**

All the years of experience we have had reaching this point in our lives does offer definite advantages for our future. They include:

- lifelong learning
- Our talents and skills
- Wealth of experiences
- Depth and importance of love
- Quality of friendships.

### **Create a Blue Zone!**

In his book, *The Blue Zones*, longevity expert and National Geographic Explorer Dan Buettner identifies nine lifestyle characteristics among people living in various regions around the world. Blue Zones are area of the world where people lead significantly longer and healthier lives than average.

The author suggests the following in an effort to turn your home into a blue zone:

*Your Ageless Retirement Lifestyle*

Move naturally. Engage in activities such as gardening and walk to destinations as opposed to driving.

Have a sense of purpose. Knowing your sense of purpose can add up to seven years to your life, according to the author.

Reduce stress levels with active daily routines.

Eat a plant-based diet. Beans are the foundation of most centenarian diets.

The world's longest-lived people are into social circles that support healthy behaviors.

*Let's welcome aging!  
It's important to realize that aging offers new  
opportunities for growth and development, additional  
chances to pursue happiness, and more time  
to live a better life.*

## **Your Ageless Retirement Lifestyle**

by Jeffrey Webber

**Order the complete book from the publisher  
[Booklocker.com](http://www.booklocker.com)**

**<http://www.booklocker.com/p/books/9638.html?s=pdf>**

**or from your favorite neighborhood  
or online bookstore.**