

How to Exercise Right at Work

RETIRED

Congratulations! You've spent a lifetime getting out of bed and getting to work, taking care of your family, saving your pennies and now you are enjoying the perks of transitioning from work into a happy retirement.

When your circumstances change however, so do your exercise requirements. A day job often keeps your mind active and body moving, so in retirement it's important to find appropriate ways to get moving and incorporate activities into your day to help your body and your mind.



+ COMMON HEALTH RISKS FOR RETIREES

Health problems, both physical and mental, are sometimes exacerbated by retirement.

In 2013 a report published by the London-based Institute of Economic Affairs found that retirement increased the chances of suffering from depression by 40%, while it increased the probability of having at least one diagnosed

physical ailment by about 60%. That impact was assessed after controlling for the usual age-related conditions.

Other common ailments for this age group include arthritis, osteoporosis, Alzheimer's Disease, dementia, depression, frailty and an increased falls risk.

? WHY IS EXERCISE SO IMPORTANT?

Exercise is important for the treatment and management of lifestyle disease. You want to enjoy retirement, travel and enjoy time with the grandchildren, therefore to keep up, you must keep active. Being active plays an important role in preventing and managing chronic diseases such as diabetes and cardiovascular disease.

The benefits of participating in exercise include:

- Maintaining a healthy weight
- Boosting mood and energy levels
- Improving quality of life
- Improving functional capacity and independence
- Improving quality of sleep and stress relief
- Assisting in the prevention and management of a variety of lifestyle related diseases
- Decrease sedentary behaviour
- Increase muscular endurance (ability for the muscles to resist fatigue)
- Increase aerobic and functional capacity to complete daily tasks

EXERCISE RIGHT RECOMMENDS

GET INVOLVED IN GROUP EXERCISE

Involvement in a group exercise class is an excellent way to stay fit and social after retirement. The benefits of participating in a group exercise class include the above but more importantly increase socialisation between members.

FIND A TIME THAT WORKS AND STICK TO IT!

Knowing the benefits of physical activity is one thing, but actually finding the time to engage in it doesn't always follow naturally. Intentionally setting aside daily exercise time helps to maintain much-needed balance after retirement.

GET CREATIVE WITH YOUR AEROBIC EXERCISE

The best aerobics for retirees include walking, swimming, water aerobics, cycling, and dance. But it doesn't have to stop there.

Exercise Right also recommends the following fun activities:

- yoga
- tai chi
- line dancing
- square dancing
- ballroom dancing

SLIP IN SOME STRENGTH TRAINING

Muscle strengthening activities are recommended on at least 2 days each week, and it is important to minimise the amount of time spent in prolonged sitting. Even small changes in overall muscle strength can have a huge impact on your daily activities.