



# Thrive OVER 55

## FEELING YOUNG AND LIVING LIFE TO THE FULL IS SOMETHING WE ALL WANT.

As we age, there are major life changes, such as retirement, children moving out, losses, and sometimes physical or mental health challenges. Healthy aging means embracing these changes and transitions while finding a moment in each and every day to ***Enjoy life More!***

### HERE ARE 5 SIMPLE TIPS TO TAKE CARE OF YOUR MIND, BODY, AND SPIRIT:

- 1) DISCOVER** – explore one new thing you want to learn or a hobby you have always wanted to try. Learning something new challenges your mind and makes life more interesting.
- 2) GET UP and GO** – take a walk, stretch, or visit your local community centre and participate in a class such as line dancing, yoga or tai chi. Being active increases muscle and bone strength and also enhances your mental well-being.
- 3) SHARE your GIFTS** – give back and help others by volunteering, or help a neighbor. Offering your skills and expertise to local community organizations adds meaning and a renewed sense of purpose to your life.
- 4) REFLECT** – recall good memories, go through an old photo album, write your life story, call someone to re-connect with and share that special time.
- 5) GRATITUDE** – write down three good things in your day and what you are grateful for, perhaps your children, your garden, your pet, or a friend you love to chat with. Being thankful can boost your immune system.

As we age, **THRIVING** involves finding meaningful moments throughout the day, connecting with people you enjoy spending time with, nourishing your body with healthy foods and challenging your body and mind with daily activities. Doing one of these things everyday will enhance your positive mental health and wellness.