



## HAVE FUN AS YOU AGE

Participating in activities you enjoy is a good way to maintain your well-being as you get older. You may lower your risk of developing health problems, including dementia, if you engage in social and productive activities and hobbies you enjoy.

If you're already involved in a number of enjoyable activities, great! If not, here are some suggestions to help you have more fun and remain healthy.

### Get Active

Staying physically active is one of the best things you can do for your health. It can help improve your physical fitness, manage and prevent diseases, improve your mood, and increase your chances of living longer. No matter your limitations, you can benefit from doing some form of exercise. It's important to choose activities that you enjoy and match your ability level.

Think about the activities you enjoy, such as:

- Walking
- Gardening
- Golfing
- Taking an exercise class
- Swimming
- Biking
- Dancing

Getting out and being physically active is great for your overall well-being. If you can have a friend or spouse join you in these activities, even better. Socializing while participating in an activity can increase your enjoyment of the activity, help you stay motivated, and prevent you from feeling isolated.

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## Get Together with Friends and Family

Doing things with friends and family is fun and good for you. Seniors who are isolated may suffer from more health issues than seniors who have strong social connections. Interacting with others may reduce your stress level, feelings of depression, dependency, and risk of developing dementia. If you need help establishing more frequent social interactions, the following ideas may help.

- Joining a senior center
- Inviting a friend to lunch or dinner
- Babysitting your grandchildren
- Getting a part-time job
- Taking a continuing education class at your local high school
- Visiting relatives

## Volunteer

Participating in a meaningful activity, such as volunteering, may help you feel healthier and happier. Once you retire, you may have the time to volunteer in your community. And volunteering can help you feel productive and valuable to others. Think about your skills and the activities you find enjoyable when looking for opportunities to volunteer. Places you may be able to volunteer include your:

- Hospital
- Church
- School
- Homeless shelter
- Library
- Animal shelter
- Red Cross
- Senior center

If you need help finding opportunities to volunteer, the following resources may be helpful:

- America's Natural and Cultural Resources Volunteer Portal ([www.volunteer.gov](http://www.volunteer.gov))
- Corporation for National and Community Service ([www.nationalservice.gov](http://www.nationalservice.gov))
- VolunteerMatch ([www.volunteermatch.org](http://www.volunteermatch.org))

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