



5 WAYS TO IMPROVE YOUR HEALTH AND LONGEVITY IN RETIREMENT

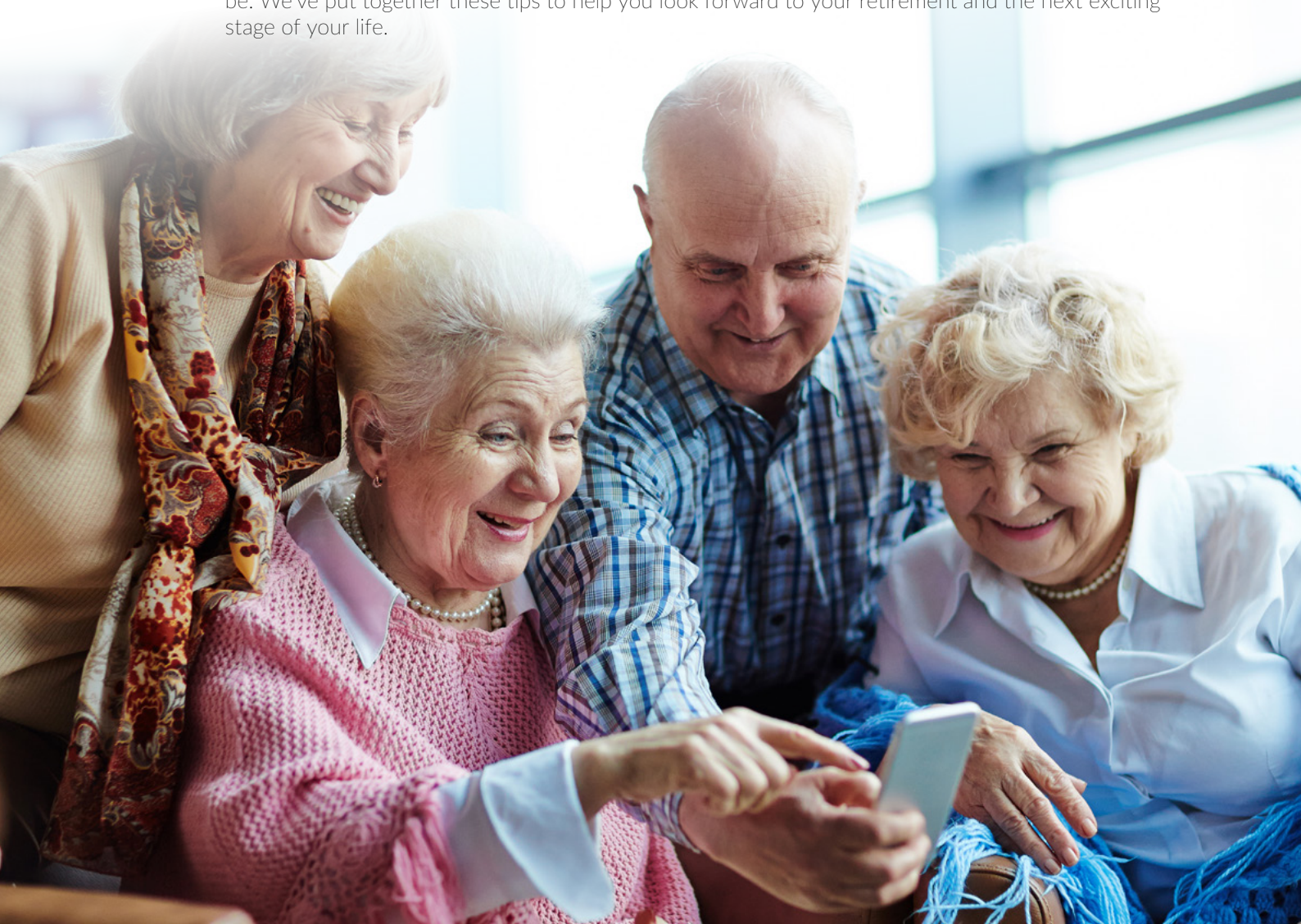
Enjoy your retirement with these handy tips

At Kensington Gardens we firmly believe that retirement really can be the best time of your life. Yet we've all read the horror stories about the end of a career meaning the end of good health, mental acuity, reliable income, opportunities for socialising, and more.

But it certainly doesn't have to be that way.

In fact, recent studies have shown that retirees can actually be healthier than those people who remain employed for longer.

So if you're feeling nervous or anxious about the thought of retirement, there's really no need to be. We've put together these tips to help you look forward to your retirement and the next exciting stage of your life.





one

Plan for your retirement in advance

One of the keys to enjoying retirement is to make your plans ahead of time. Think about what hobbies and interests you might like to focus on – or even learn for the first time.

Whether you enjoy gardening, performing music, creating art, singing, woodworking, or simply socialising, moving into a retirement estate can offer you a world of opportunities for spending your new-found leisure time.

You might find yourself wondering how you ever had time for a career!

two

Apply for a “new job” in retirement

Just because your paid career has come to an end, doesn't mean your active days have to finish too.

With more free time available, it's the perfect opportunity to find a new role that's especially meaningful for you – whether that's as a volunteer, a teacher, a community worker, or simply as an active grandparent making a valuable contribution to your grandchild's development.

Along with your new identity may come new friends, new opportunities, and new chances to stay connected with the local community and the wider society.

three

Look after your health

Retirement can be the ideal opportunity to actually improve your health in a number of ways.

If you've come from an office job, you probably spent a lot of your time sitting down – which as you might know is a very unhealthy practice. Studies show retirees tend to increase their weekly physical activity by about an hour and a half, once they don't need to structure their exercise around working hours.

In retirement you're also more likely to get a healthy amount of sleep – both at night and in terms of a revitalising afternoon nap.

What's more, female smokers are twice as likely to quit smoking in retirement as they are while still working.

It all adds up to retirement being potentially one of the healthiest times of your life.



four

Enjoy the benefits of socialising

Along with looking after your physical health comes taking care of your mental health as well. And of course, there's nothing like regular socialising to help keep your mind active and your spirit elevated.

Once again, major studies agree – interacting with others of a similar mindset and situation can help you to live a healthy, enjoyable and fulfilling life.

That's exactly the opportunity you'll have when you move into a luxury retirement estate such as Kensington Gardens.

five

Remember to enjoy the moment!

As a mature person you'll know how much your mindset affects so much of your life. So don't just think about your retirement purely as the end of your working life – think of it as being the start of a wonderful new time of freedom, lifestyle, and opportunity.





We invite you to
see Kensington Gardens
for yourself

See what your retirement
could be like

If you're ready to boost your health and longevity by moving into an Over 50's Private Lifestyle Estate, it's a great idea to see it for yourself.

We invite you to visit Kensington Gardens and tour our facilities. We'll show you through the estate, introduce you to some of the locals, and guide you through our Country Club.

It's sure to give you a few more reasons to look forward to your retirement!

To arrange your personal tour of Kensington Gardens in either Shepparton or Albury, get in touch with us today.