

Secrets to a Long, Happy Life

Living a long, healthy and fulfilling life is something we desire. People have been trying to figure out how to create a life journey filled with colorful experiences and rich moments since the dawn of time. Genetics, healthcare, and lifestyle all influence our future. But we can help ourselves live longer and better starting today with moving our bodies, being social, and eating well.

1. Move!

Moving our bodies and staying active is key to living a longer life. Healthy movement decreases the likelihood of heart, stroke and balance issues. This creates an adventure of opportunity, of getting to know ourselves better, exploring, taking care of our bodies. As we age, it's critical to maintain movement. Walking, yoga, any exercise is necessary to build and maintain muscle mass, promote cardiovascular health, and a great way to meet people!

2. Be Social!

Being social, surrounded by friends and family is critical to healthy aging. It keeps us from

feeling lonely, staves off depression and releases powerful feel-good endorphins. Having a sense of belonging as part of a community improves emotional and physical health, foundational for a long life.

3. Fuel for a Journey!

What, how much and when we eat is critical to staying healthy. Healthy food supplies energy to do things we love guiding us toward a long, happy Senior life.

If you fit in all three today...you will or have had a great day! Retirement Resorts help you follow this easily. As part of a lively community of independent Seniors, the Movement, Social and Fuel is provided, guiding your retirement in the right direction. Many healthy seniors are active well into their retirement years, and proof that a fulfilling, long life is possible.

Contact Danijela Milroy
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Lakeshore Place provides a high-quality living environment for independent, active seniors seeking to simplify their responsibilities while maintaining control over their lives. Located in Kelowna's sought-after Lower Mission Pandosy area, this residence offers an open and inviting atmosphere with 76 units and easy access to the beach and parks.



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