



Fit To Drop or Fit For Life?

Staying fit and healthy is important for everyone regardless of age.

Retirement should not mean settling into an armchair and snoozing in front of the T.V. Think of exercise as an "insurance policy for retirement."

It is important to take regular exercise as you become older. 20 minutes of moderate activity 5 times a week will help to keep your weight down, help you to relax and feel full of energy. You will be able to keep up with the grandchildren too.

A healthy diet means eating a wide variety of foods, eat 5 portions of fruit and vegetables a day. Cut down on fat and salt, which will help with reducing heart disease and blood pressure. This combined with exercise will cut the chance of heart disease by half.

Use your free time to develop new activities or skills such as painting or playing a musical instrument. The key is to stay connected, stay involved and live a full life.

The Wye Physiotherapy Practice can give you practical help to suit your medical needs as well as a tailor made healthy living exercise programme.