

Aging in Stride – Building Blocks for Health and Happiness in Your Retirement Years

Growing older: it's something that happens to all of us – if we're lucky. But how many of us a conscious effort to prepare for our later years? A new book – *Aging in Stride* – authored by a geriatrician, lawyer, pastor team, provides a lot of information, which combined with a bit of effort, can go a long way in making our lives much easier as we grow older. The book's message is clear. With just a little planning and teamwork; by staying physically active; by maintaining relationships with others, and by devoting some time to nurturing your spirit the golden years of our lives can be just that – Golden.

Planning and Teamwork – There have been unknowns in our lives since we were born; they don't go away just because we've been around for long enough to expect them. Still, it is possible to face the unknown with a plan – to consider all of the possible outcomes of your health and well-being, make a plan for those outcomes, and share them with your loved ones.

Physical Activity - Research in aging over the past 20 years has shown conclusively that regular physical activity is *the* most important contributor to healthy aging. This is true no matter what your physical or mental capabilities - robust and healthy, frail, or disabled.

Relationships with Others – Along with staying physically active, the most important thing you can do to maintain or improve quality of life as you age is to stay involved in relationships with other people. Relationships help increase your mental alertness, improve emotional well-being, maintain a support network, help you stay physically healthier, and...they are fun! Everyone has so much to give...and get...from relationships.

Nurturing Your Spirit – The later years of life often lead one to increased spiritual contemplation. The pace of life has slowed down, we know more people who have passed on...and we have a lifetime of wisdom and experience to reflect upon. Now is the time to think about and begin to articulate the meaning of what we have known – to give our life context.

In addition to laying the foundation of these four building blocks to healthy aging, *Aging in Stride* provides the details we need to fill in the blanks: Medicare and Social Security; Types of Advance Planning; Diet and Forms of Exercise, Home and Driving Safety; the Network of Service available to help, and more. *Aging in Stride* also features a unique online Reader Support Center at www.aginginstride.org where readers can browse and select online resources and print out forms for their own use.

Many of us think of growing older in largely negative terms. But few would deny that it beats the alternative! In truth, every age is what we make of it. And for those of us approaching or already in our retirement years, the good news is that there are many excellent resources and proven strategies available to help, as we tackle the challenge of “healthy aging.” This is one of those aspects of living in which a little knowledge really does go a long way.

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