

Headline: Practical ways to keep good health in retirement

Subline: Staying healthy in retirement may be easier than you think.

The possibilities for retirement are endless: You may travel the world, reconnect with old friends, learn new skills or spend time giving back to your community. While maintaining your health may not be the first thing you think of during retirement, chances are you're already planning activities that can help you improve it.

1. **Traveling can help you age healthfully.** The Global Coalition on Aging and Transamerica Center for Retirement Studies say taking vacations has been linked to healthy aging by boosting physical, cognitive and social benefits. Whether you're seeking relaxation or excitement, retirement is the perfect time to take that trip you've been waiting for, especially since it can help you age healthfully.
2. **Keeping up with family and friends helps maintain mental function.** Studies from Rush Alzheimer's Disease Center in Chicago reveal social seniors had a 70 percent lower rate of cognitive decline than non-social seniors. Preserving social ties to others and participating in group activities is essential to the overall health and well-being of senior adults.
3. **Spending time at the gym can boost bone health.** Keeping a regular exercise routine has many benefits including strengthening muscles, maintaining a healthy weight and even increasing bone strength. Research from The National Osteoporosis Foundation shows that more than 54 million Americans have low bone density. So, bust out your walking shoes or yoga mat and stay active, since exercise can build your bone strength — amongst a handful of other health benefits.
4. **Indulging in hobbies keeps the mind and body in tip-top shape.** The American Time Use Survey shows that retirees ages 65 – 74 spend extra time lingering over meals, working on home improvements or gardening projects, and shopping. Doing mentally stimulating activities can preserve brainpower and boost mental health during retirement.
5. **Seeing your personal doctor regularly leads to better overall health.** So, the fact that 93 percent of doctors and hospitals accept Original Medicare is great news. But, don't get caught with a Medicare Advantage or Medicare supplement plan that limits your network of providers. As an example, Wellmark Blue Cross and Blue Shield's Medicare supplement plans allow members to see any doctor they choose as long as the doctor accepts Medicare. The plans also offer stable premiums, local customer service and exclusive savings on healthy activities.

Everyday moments like socializing and indulging in your hobbies can help your physical and mental health. So keep those book club meetings and happy hour dates on the schedule — they're good for you!

To learn more about the basics of Medicare and Medicare supplement plans, visit the useful tools and resources available at: [Wellmark.com/Medicare-explained](https://www.wellmark.com/medicare-explained).