

Retirement and Why You Should Stay Active

By **patches**

I read once that the leading killer of individuals over 60 is retirement.

Quite a sobering statement. When you think about it. However, it makes perfect sense.

Since the beginning of time man has been a hunter-gatherer. Since Grog the caveman we have spent most of our lives just trying to survive from day to day. Just as the caveman hunted and foraged for food in order to exist, we work most of our adult lives for the same reason, just in nicer clothes.

As we grow older we look forward to the golden years when we can do nothing. Years when we don't have to answer the alarm and over extend ourselves mentally and physically. Little do many people realize, that it is the daily struggle to survive that actually extends our lives. It is when we stop that our bodies begin to shut down as it senses the inactivity.

In other words, "use it or lose it."

Just because we reach some magical, preset age, is it in our best interests to shut everything down? To lose our physical and mental sharpness? I think not. Our bodies will gladly oblige. If we demand little of it, that's what we will get. Little. It will begin to shut down because it senses that the needs of the hunter-gatherer are no longer necessary.

Consider the story of Waldo from Kansas, USA. Waldo BEGAN long distance running at the age of 65. At age 75 he decided to start running competitively. At age 80, he set a Kansas state record for the ten mile run for his age group. He went on to set records in running, long jump, discus and shot-put into his 90's and 100's at the senior Olympics.

Oh, and that's not all.....

Waldo still works and was just named Americas oldest worker. He's a beekeeper. He's 104 years old.

If you are nearing retirement and the thought kind of worries you a bit. You know like..."what will I do with all that spare time?" Well, why not get yourself some spiffy new running shoes or a new bike. Get yourself an annual swim pass. Take up a life of fitness in your senior years. Don't stop there. Enter some races. You'll stay in great shape and meet lots of interesting people and most all, you'll stay busy.

Just use common sense. Check with your doctor and away you go. Most likely, he will be all for it.

Your body will never sense a big slowdown when you retire. It will keep sharp for you. It will think you are still hunting. It will think you are running after an animal to kill for dinner and won't realize you're actually running toward a distant finish line.

2007 © Associated Content, All rights reserved.

[Privacy Policy](#) | [Terms of Use](#)

