

# 7 Daily Habits for a Healthy, Happy Retirement

*Small steps today for a vibrant tomorrow!*

## 1. Stretch or Move Gently Each Morning

Start your day with light stretches, a short walk, or gentle movements. It wakes up your body and sets a positive tone!

## 2. Drink a Glass of Water

Keep your body hydrated for energy, focus, and overall well-being. Add a slice of lemon for flavour!

## 3. Eat Something Colourful

Add fruits or veggies to every meal. Colourful foods are packed with vitamins and keep meals exciting.

## 4. Connect with Someone

Call a friend, chat with family, or say hello to a neighbour. Staying social lifts your mood and sharpens your mind.

## 5. Take a Short Walk

A quick stroll outside (or around the house) helps your joints, your heart, and your mood!

## 6. Challenge Your Brain

Read, do a crossword, try a puzzle, or learn something new each day. Keep your mind active and curious.

## 7. Practice Gratitude

Each night, think of one thing you're grateful for. A grateful heart makes retirement happier and healthier!

---

Visit us for more tips → [www.SeniorsandHobbies.com](http://www.SeniorsandHobbies.com)

*(This is general wellness information, not medical advice.)*