



STAYING ACTIVE IN A GROUP AFTER RETIREMENT

Benefits to Discover



The benefits of regular exercise

Retirement is a new chapter in life ... and a great opportunity to take some time for yourself! It is also the ideal time to incorporate physical activity into your daily routine. Regular exercise brings many benefits for health and well-being.

Even small amounts of exercise are beneficial. Every step counts! And the more you move, the more you feel the positive effects, both on your body and your mind.

Getting ready to move

It's never too late to start being active. The important thing is to go at your own pace and choose activities that you enjoy. Before you start, take a moment to think about what you like to do. Look back at what you enjoyed doing when you were younger, or try something new!

If you have any health concerns, keep in mind that most activities can be adapted to suit your condition. What matters is that you exercise according to your abilities.

PHYSICAL BENEFITS ON:

- Muscle mass and bone density
- Aerobic capacity
- Balance and coordination
- Posture and flexibility
- Sleep
- Energy levels
- Resistance to infection
- Physical independence
- Physical reactions associated with stress
- Life expectancy
- Prevention of cardiovascular and respiratory diseases, diabetes, cancer, neurodegenerative diseases (Alzheimer's disease)



PSYCHOLOGICAL BENEFITS ON:

- Control of emotions
- Optimism
- Self-esteem
- The feeling of being able to succeed
- Well-being
- Anxiety
- Stress
- Depression



COGNITIVE BENEFITS ON:

- Memory
- Concentration
- Reaction time
- Problem solving





Finding an Activity That's Right for You

Many clubs and organizations offer activities to help you stay active and meet other people. Taking part in outdoor activities or group classes can make the experience even more enjoyable and motivating. A number of individual activities can be done as a group, which will allow you to socialize or break out of your isolation. Here are a few ideas:



Outdoor activities

bike riding
swimming walking
cross-country skiing
hiking snowshoeing



Fitness and mobility

strength training
line dancing tai chi
chair yoga
aquafitness dancing



Racquet sports

tennis pickleball
table tennis
badminton
racquetball



Team sports

hockey volleyball
petanque soccer
baseball bowling

The main thing is to enjoy being active and do it regularly. Whatever activity you choose, it will help improve your health and quality of life!





Group Exercise: Other Benefits to Discover

When you take part in a group physical activity, you discover a multitude of benefits that go beyond the exercise itself. These benefits are breaking down isolation, warding off loneliness and making connections with new people.

Here are a few inspiring stories of people who move in different ways.

The group of 5: neighbours who meet up every evening to walk

For several years now, a group of five women—Maria (85), Angela (71), Sofia (68), Franka (63) and Arminda (63)—have made a habit of walking about 5 km every evening in their neighbourhood.

They have grown very close over the years. They look forward to their daily get-together, which provides an opportunity to share the day's news.

This group of neighbours has managed to stay in shape day after day, all thanks to their daily habit. It is an opportunity to break out of isolation and create a support group.

In the end, getting some exercise doesn't have to be complicated. Your neighbourhood can be an opportunity to build relationships while staying active.

Le Club 50 ans + de Claude-Robillard

This club offers a range of tailored physical activities and a program of nature outings. Here are a few testimonials from members that, at first talk mainly about the effects on their health:

"Playing sports is a matter of life and death."

"It's a great boost for the mind and the body."

"It's my outing of the week."

But what they share quickly goes beyond the simple act of physical exercise:

"It allows us to (positively) let off some steam as a group."

"It helps you keep fit and the group's energy pushes you forward."

"It's a great way to make friends."

"It gets you out of the house."

It's the perfect opportunity to meet new people, have a laugh and introduce a new healthy habit into your life!

Ethnocultural group—Get moving with COPSI

The mission of the [Centre Orientation Para-légale et Sociale pour les Immigrants](#) (COPSI) is to help newly immigrated people break out of isolation and settle into the Quebec way of life. It also offers several services such as links to health resources, legal assistance and a range of physical activities.

Neri, 80 years old | Venezuela:

"I exercise because it gives me vitality, energy and strength, and I feel better. It also allows me to meet other people and have a good time."

Eduardo, 82 years old | Of Italian origin. Has been living in Canada for 55 years:

"I attend the physical activity class because I feel better when I'm moving. My shoulders and legs feel stronger, my body feels healthy. Plus, I get to socialize with other people."

Demecia, 72 years old | Argentina:

"Exercise makes us feel better and helps us manage pain. It cheers me up and encourages me to stay active on a daily basis."

Where to start?

A first step would be to check with your neighbourhood roundtables. Several organizations offer a variety of physical activity programs. To find out about the resources in your region, call 211 or consult their online directory.

You can also look into several organizations such as YMCAs, Sports Montréal, FADOQ, Cardio Plein Air, Rando-Québec, several 50+ clubs and many others.

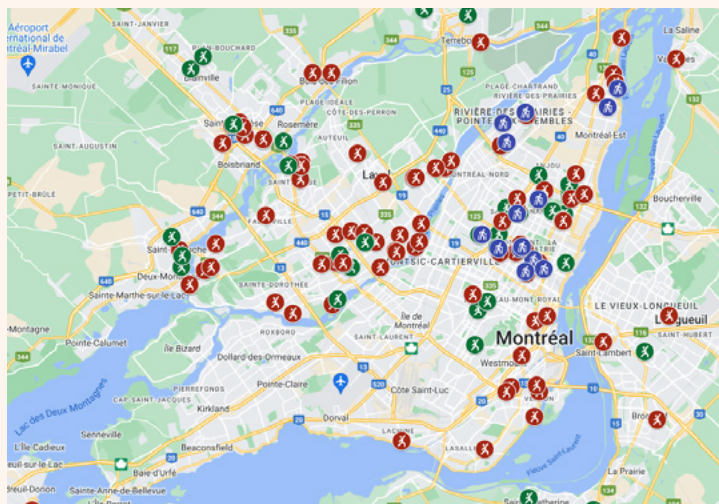
The **Viactive program** is yet another excellent way to stay active! This free program, intended for people aged 50 and over, is led by senior volunteers and is suitable for all levels of physical fitness.

Joining Viactive means:

- Having fun while staying active
- Getting regular exercise
- Connecting with other people

The sessions are designed to be accessible and motivating whether you are starting out or want to keep moving. Joining a **Viactive** group is a great way to take care of your health all while having fun!

To access the full Viactive map, click on the image below.



Can I do more?

Yes! Even as we get older, keeping active is essential for our health. The Canadian **24-Hour Movement Guidelines** recommend that adults aged 65 and over:



MOVE MORE

Get at least **150 minutes of moderate to high intensity physical activity per week** (e.g., brisk walking, bike riding, dancing, swimming). This amounts to 30 minutes a day, 5 days a week.

A simple trick: split the minutes up throughout the week. Accumulate time in increments of 10, 20, 30 or 60 minutes. Every active minute counts!



STRENGTHEN YOUR MUSCLES AND IMPROVE BALANCE

Do strength training and balance exercises at least **twice a week** to improve your posture and prevent falls (e.g., exercises with elastic bands, free weights and even with your own body weight).



REDUCE SEDENTARY TIME

Limit time spent sitting and take short active breaks throughout the day.

Simple tips for getting more exercise:

- Get up and stretch regularly
- Take a walk every day
- Take public transportation
- Take the stairs rather than the elevator (if possible)

The key is to move **a little more everyday**, at your own pace, all while having fun!

