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Time OF YOUR Life



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50+
active living

Taking care of your health after 50: what you need to know

Have you recently joined the “50s club,” or have you been a member for a few years? Chances are you’ve started to notice changes in your health. Whether these changes are occasional or permanent, here are some tips to help you take good care of your health after 50.

WATCH WHAT YOU EAT

Choose nutrient-dense foods to slow muscle loss and help your body regulate cholesterol and blood sugar levels. Try putting these tips into practice:

Eat fiber-rich foods whenever possible, such as starchy foods and legumes.

Try to always include fruit and vegetables in your meals.

Limit your intake of sugary, fatty and processed foods.

Add lean protein to your meals, such as poultry, fish or tofu.

Find out if you need any dietary supplements.

STAY ACTIVE

Regular physical activity can help you maintain a healthy weight and reduce the risk of cardiovascular incidents, which are more likely to occur after age 50. Staying active can also improve your stamina, reduce stress and improve your sleep. Try to include these activities in your daily routine: stretching, flexibility exercises, walking, cycling and swimming.

GET A GOOD NIGHT’S SLEEP

Quality sleep is essential to your health. It stimulates your metabolism to regulate your mood and weight and helps control your stress levels, which can have several physical and mental consequences. Improve your sleep by following these tips:

Follow a sleep routine by going to bed and getting up at the same times every day.

Invest in a high-quality mattress and pillow.

Avoid using screens before bed.

Try not to consume caffeinated food and drinks, like coffee, tea, cola and chocolate in the evening.

GET TESTED

The risk of developing diseases linked to the circulatory system or cancer increases as you age. An annual check-up with your doctor and knowing your family history will help you spot any signs and symptoms of illness at the onset. Find out about recommended

vaccinations and the following tests:

- Mammogram
- Gynaecological examination
- Colonoscopy
- Prostate exam
- Blood pressure check
- Blood tests
- Eye exam

Pay close attention to your body as you move into your fifties. If you notice any worrying changes in your body, consult a health professional, such as a doctor or pharmacist.

Do you have pickleball fever?

Have you heard of pickleball? It’s a sport gaining popularity among people of all ages, especially older people. Here’s why pickleball is so popular.

A GROWING CRAZE

Pickleball has caught the attention of people aged 50 and over, looking for a way to get active and move their bodies in a way that’s entertaining and accessible. The rules are simple, and the movements are low impact, making this sport an attractive option for anyone who wants to stay healthy and socialize. Leagues and associations have started springing up like mushrooms!

PHYSICAL + SOCIAL BENEFITS

This sport has various physical benefits for older adults. The movements require coordina-

tion, flexibility and endurance, contributing to better overall health. The friendly nature of the game encourages strong social bonds, reinforcing the feeling of belonging to an active community.

Pickleball isn’t just for people living in big cities. The sport is just as popular with older people in urban areas as in rural communities.

Are you looking for a new way to keep fit and meet new people? Find out if there are any pickleball courts in your area, and give this fun-filled activity a try!



Pickleball is a mixture of tennis, ping pong and badminton. It’s played with a racket and a plastic ball with holes in it.

As cremation has become more popular in recent years, some providers have learned to cut corners. Unfortunately, this has resulted in a growing concern about cremation ethics and has put doubts in the minds of families that choose cremation.

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Strength training isn't just for young people!



Strength training is often considered exclusively for young people with perfect bodies. However, this isn't the case! There are many benefits to strength training at any age. In fact, older adults need to engage in this type of exercise. Here's why.

IMPROVE STRENGTH + BALANCE
Strength training targets vital muscle groups to help improve your strength and balance. These benefits are crucial for preventing falls and maintaining your independence as your body mass decreases with age.

ADAPTABLE TRAINING PROGRAMS
The exercises can be customized to accommodate your physical limitations, fitness level and personal goals. You can easily work at your own pace and within your limits.

PREVENT CHRONIC DISEASES
Strengthening your muscles helps prevent chronic diseases associated with aging, such as osteoporosis and arthritis. Lifting weights also helps keep your bones and joints healthy.

PSYCHOLOGICAL BENEFITS
Weight training stimulates the release of endorphins, which can help improve your mood, reduce stress and promote mental well-being.

SOCIALIZATION
Strength training can be a great way to socialize and build camaraderie, especially when participating in group classes or sessions with friends.



Photography: more than a hobby

Photography is a fun and rewarding activity that can be enjoyed by people of all ages. Did you know that this creative hobby is particularly beneficial for seniors?

THE BENEFITS Like many other artistic activities, photography can improve your self-confidence and reduce feelings of anxiety and sadness. Landscape and wildlife photography also allows you to get some exercise and fresh air. Additionally, you can meet new people while taking pictures in beautiful locations.

HOW TO GET STARTED First, purchase a high-quality camera or a smartphone with a built-in camera. Make sure you buy equipment that suits your needs and current knowle-

dge of photography. Then, join a group of amateur or professional photographers or sign up for a workshop to learn the basics.

Let yourself be inspired by your environment and other photographers during your picture-taking sessions. Don't hesitate to try different themes, contexts and lighting to discover the style that suits you best. Finally, practice makes perfect. The more you practice, the more you'll learn and the more likely you are to get the results you want.

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Birdwatching for seniors: how to get started

Are you looking for a hobby now that you're retired? If so, then birdwatching could be a great fit.

Are you a senior looking for a new hobby that's both relaxing and rewarding? Birdwatching might just be what you need. Not only is it a great way to get outside and spend time in nature, but it's also a fantastic way to spend time with friends and family who share your interests.

First, you'll need a good pair of binoculars and a birding guide. You can find these at most outdoor supply stores or online. Once you have your gear, it's time to head out into the great outdoors.

One of the best things about birdwatching is that you can do it just about anywhere. Whether you're in a local park, on a hike or even in your backyard, there are always birds to be found. To get the most out of your birdwatching experience, try to go out at dawn or dusk when birds are most active.

As you start to spot different bird species, try to take note of their distinct features such as their size, color and shape. You can even bring along a notebook and jot down your observations. This will help you identify the different species later and add to the fun of the experience.

Since many species migrate, the types of birds that are active in your area will vary with the seasons. This makes birdwatching an interesting hobby year-round. All it takes is patience, a keen eye and some free time.

If you're ready to give it a try, consider joining a local birdwatching club. You'll be able to access a wealth of knowledge, which will make your next excursion all the more enriching.

Additionally, there are numerous publications and online resources you can consult to get more information about birding.



“All you need are binoculars, a species identification guide, a notebook and a good pair of walking shoes. This makes birding an affordable pastime.”

Have you heard of genealogy tourism?

Do you want to plan a memorable trip where every stop along the way has significance? Genealogy tourism, also known as roots tourism, might appeal to you.




Genealogy tourism involves choosing a holiday location linked to your generational past. For example, you could visit a town or country where your ancestors lived before emigrating to your birthplace. The aim is to admire places where former family members lived to learn more about your origins and yourself.








Genealogy tourism is a chance to discover the home country of your ancestors. It's also an excellent opportunity to learn about the experiences of certain relatives who lived during difficult or historically significant times.

Planning a genealogical trip is more complex than planning a traditional holiday. For example, you may need to meet with a local historian or genealogy expert recommended by your hotel. You can also contact a travel agency to create a personalized trip or use a company that develops themed group trips.

If you prefer going on an unforgettable trip rather than sifting through historical documents to discover your heritage, genealogy tourism is for you. Don't hesitate to ask for help when planning your trip to the past.



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7 criteria for choosing the right winter coat

Are you looking for a new coat to keep you warm this winter? Assess your needs by paying attention to these seven points.

LENGTH Look for a long coat that covers your buttocks and thighs, especially if you do a lot of walking. However, ensure it doesn't restrict your movement.

INSULATION Lightweight down holds in as much heat as possible and is a winning choice if you're always cold. However, synthetic materials are preferable if you participate in winter sports, as they breathe better and retain their properties even when wet.

HOOD Look for a hood with drawstrings so that it stays in place. A fur trim is excellent in snowy conditions.

COLLAR No matter the style, it must protect your neck.

CLOSURES Keep an eye out for high-quality zippers. If you have grip problems, make sure the zippers and buttons are easy to handle.

SLEEVES Sleeves that can be tightened at the wrist with an elastic band help shield you against cold winds.

POCKETS Make sure the pockets are sturdy and big enough to keep your hands warm or hold your keys and phone.



How to choose the right rain boots

Choosing the right rain boots is essential to ensure your safety, comfort and mobility in wet and slippery conditions. Here are some key considerations to keep in mind:

COMFORT AND FIT Opt for rain boots with cushioned insoles and a comfortable lining. Ensure they fit well and are easy to put on and take off.

TRACTION Look for rain boots with non-slip soles to prevent falls. Deep treads or patterns on the sole provide better traction on wet surfaces.

HEIGHT Consider the boot height. Ankle-height or mid-calf boots are often easier to manage than knee-high ones, especially if you have limited mobility.

MATERIAL High-quality rubber or waterproof materials are ideal for rain boots. They should

keep your feet dry while being durable and easy to clean.

CLOSURE Some rain boots have zippers or adjustable straps, making them easier to put on and take off, particularly for seniors with arthritis or reduced hand dexterity.

SUPPORT If you have a specific foot condition, consult with a podiatrist for recommendations on rain boots that provide adequate arch support or accommodate custom orthotics.

By considering these factors, you can select rain boots that allow you to confidently navigate wet and rainy conditions.

6 winter activities that are perfect for seniors

Are you looking for stimulating activities to motivate you to get outdoors despite the cold?



Be sure to dress warmly when you're out and about to prevent frostbite. If the temperature is particularly frigid, stay indoors.

WALKING Whether meandering in your neighborhood or a public space, walk at your own pace while observing your surroundings.

SNOWSHOEING Rent, borrow or buy lightweight snowshoes to explore otherwise inaccessible areas in nature.

PHOTOGRAPHY Winter is a great time to take stunning photos. Sunsets, frosty plants and your grandchildren playing in the snow make great images. You have endless subject matter to choose from!

CROSS-COUNTRY SKIING Cross-country skiing is a great way to strengthen your heart and exercise every muscle in your body.

WILDLIFE WATCHING Birds and animals that are active in winter are easier to spot against a snowy white backdrop. What species will you discover?

SNOW SCULPTING If the snow is sticky, unleash your childhood spirit by creating a fun little snowman or an all-white castle.

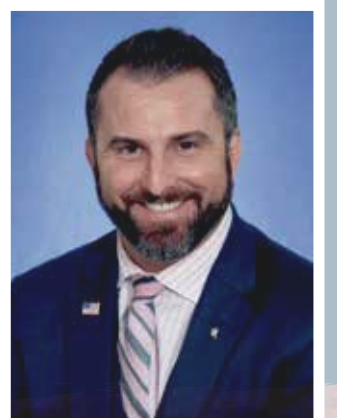
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6 summer activities to do with your grandchildren

Spending time outdoors with your grandchildren is a great way to create memories while promoting an active, healthy lifestyle. Here are six outdoor activities you can try to make the most of your summer:

HAVE A BEACH DAY

Pack beach toys, towels and a picnic for a fun day in the sun. Build sandcastles, play frisbee and swim to your heart's content!

GO HIKING

Take an age-appropriate hike with your grandchildren. Easy walking trails allow you to observe nature while encouraging an active lifestyle.

ARRANGE A TREASURE HUNT

Organize a treasure hunt in your yard or a nearby park. Prepare fun clues for the children, encouraging them to explore their surroundings while solving riddles.

HOST A PAINTING WORKSHOP

Get canvases, brushes and paints, and let your creativity flow outdoors.

GO ON A BIKE RIDE

Choose a path suitable for your grandchildren's age, and make sure you wear helmets. Cycling is a great way to get exercise while taking in the sights.

DO YOGA

Choose a peaceful spot, bring some yoga mats and enjoy an energizing session in the great outdoors. Yoga can help improve your flexibility and concentration while reducing stress.

“Doing these activities will give you a unique chance to bond with your grandchildren while encouraging their physical, emotional and social development.”

How to avoid heat stress

As you age, it's more difficult for your body to regulate heat, which can result in health complications. Here are some tips to help you survive the hot summer days.



KEEP YOUR SPACE COOL

If you don't have an air conditioner, use fans to circulate the air in your home. Close curtains and windows during the day to block out the hot sun and open them on cooler nights to lower the temperature inside.

HYDRATE REGULARLY

Seniors are less likely to feel thirsty than younger people. Therefore, it's important to prevent dehydration by drinking frequently, even before you feel thirsty. Drink cool water, eat juicy fruits and vegetables and avoid drinks that can dehydrate you, like alcohol and coffee.

REFRESH YOURSELF

Try to keep your body at a healthy temperature. You can do this by taking refreshing showers or baths, swimming or covering your skin with wet towels.

LIMIT YOUR ACTIVITIES

Avoid strenuous activities that raise your body temperature and create discomfort. On hot days, do outdoor activities in the shade and wear appropriate clothing and accessories like a hat and sunglasses.

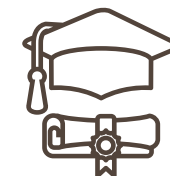


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Nutrition tips for seniors

Eating healthy, nutritious foods gives you the energy you need to go about your daily life and stay in good shape. For seniors, it's essential to have a varied diet to help maintain independence and quality of life. Here are some healthy eating tips to follow as you age.

50 TO 59 YEARS OLD

At this age, women should focus on eating foods that help reduce the unpleasant symptoms associated with menopause. For example, they should reduce their sugar intake and consume foods like soy and flaxseed, which are good sources of phytoestrogens.

On the other hand, men should reduce their consumption of red meat and saturated fats to help prevent prostate cancer. They should also include plenty of vegetables, lean proteins and fish in their diet.

Both aging men and women can benefit from eating more protein to help prevent their muscle mass from deteriorating.



60 TO 69 YEARS OLD

As you age, your metabolism gradually slows down. Therefore, you don't need to consume as many calories as you used to. However, you must ensure you're still getting enough calcium, vitamins and nutrients by eating the appropriate foods. If you lack the necessary appetite, you may need to supplement your diet with quality meal-replacement bars or drinks. Consult a health care professional for advice.

70 YEARS AND OLDER

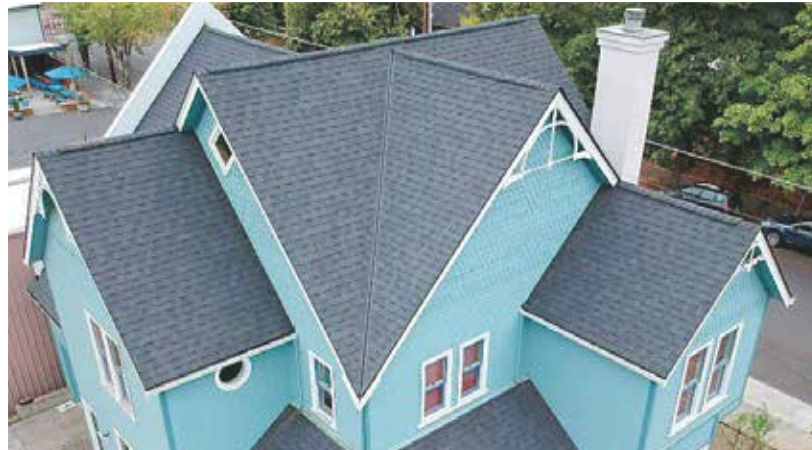
Hunger is less of an issue at this age. Therefore, the goal is to consume enough protein to meet your nutritional needs while still eating plenty of healthy fruits, vegetables and starches. You may also need to take vitamin and mineral supplements to strengthen your immune system.

On top of maintaining a healthy weight, fuelling your body with healthy foods can help prevent muscle and bone loss and the onset of disease. Consult your doctor or a dietitian-nutritionist to help you adopt healthy eating habits.

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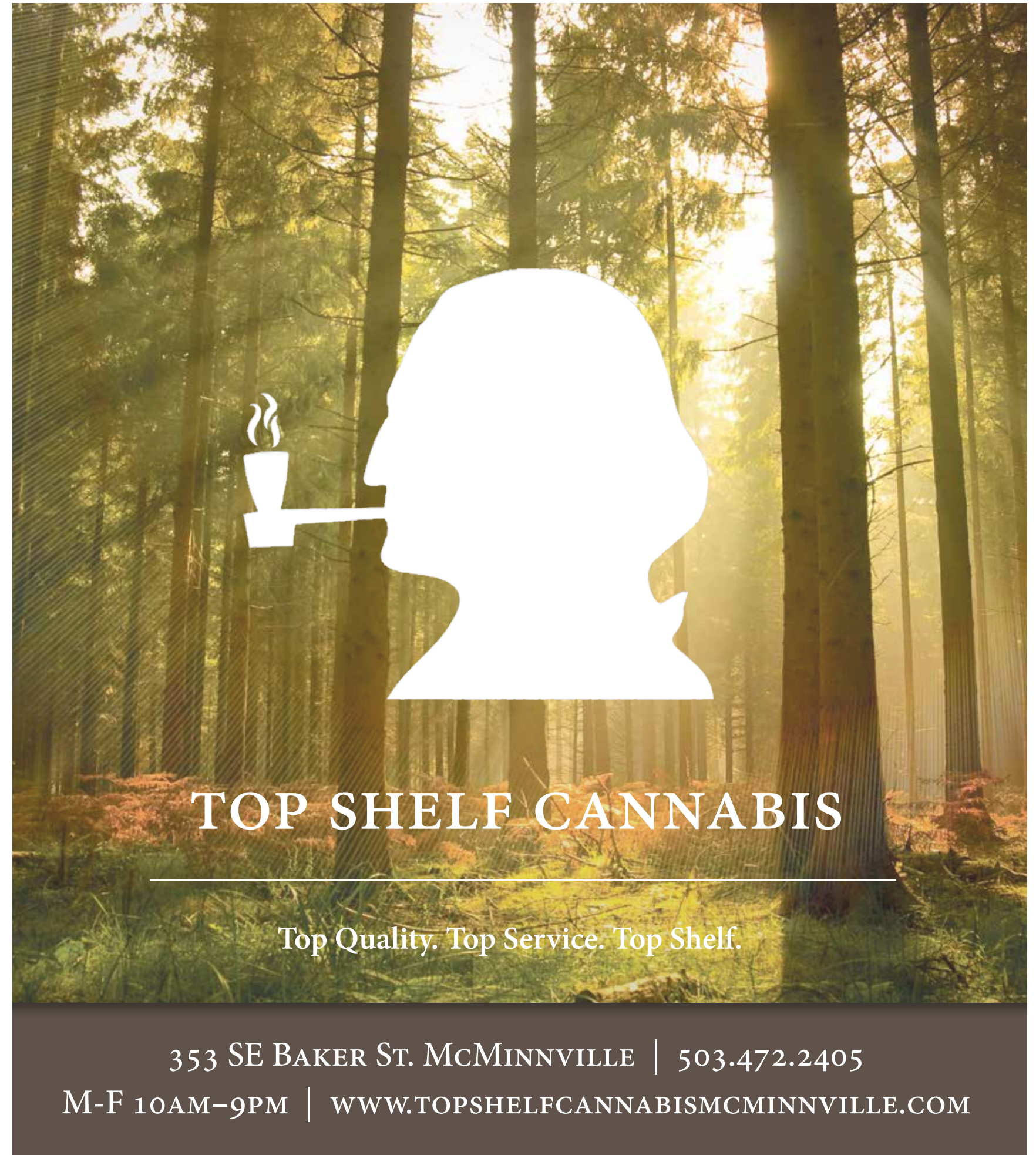
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Buying a car after 65: criteria to consider

When buying a car after age 65, it's essential to take a thoughtful approach that prioritizes safety and comfort and adapts to your changing needs.

EASY GETTING IN AND OUT OF Choose a vehicle with an appropriate seat height that makes getting in and out of the car easy. Models with wide doors and seats positioned at a level that suit your anatomy are ideal.

OPTIMUM VISIBILITY Visibility is crucial to safety at the wheel, so choose a car with good all-round visibility. Look for vehicles with blind spot sensors, reversing cameras and other driver assistance systems that can be particularly helpful.

COMFORT AND ADJUSTMENTS Comfort is critical, especially on long outings. Electric-powered seats, an adjustable steering wheel and simplified controls provide a more enjoyable driving experience.

SAFETY Your safety is paramount, so choose a car with features such as anti-lock brakes (ABS), well-positioned airbags, driver assistance systems and automatic emergency braking.

HANDLING A car that's easy to control is an advantage, especially when driving in cities. Compact models with power steering offer better handling, making for a smoother and safer ride.

Finally, don't forget to consider your needs and preferences. Consider factors like the load capacity, seat material and additional features such as a heated steering wheel. To ensure you make an informed decision, seek advice from one or more dealerships in your area and schedule a test drive.

Getting around without a car: what are your options?

Are you no longer able to drive because of health problems? Has getting behind the wheel become too stressful? Rest assured; this doesn't mean you have to stay at home. Here are some alternative forms of transportation you may want to consider to help you remain independent.

ACTIVE TRANSPORTATION Depending on your situation, you may be able to walk or cycle to some of the shops or places you frequent most often. An electric-assist bike is an excellent option.



“Look for vehicles with blind spot sensors, reversing cameras and other driver assistance systems that can be particularly helpful.”

PUBLIC BUSES If your area is well connected, taking the bus is both a practical and economical choice. If you're not familiar with this mode of transportation, ask someone close to you to help you figure out routes and timetables or to accompany you for a few days while you get your bearings.

TAXIS Do you have a taxi service where you live? Hiring a taxi is an excellent way to get where you want to go, practically whenever you want. Bear in mind that some companies allow you to buy prepaid vouchers to simplify your life.

VOLUNTEER DRIVERS Various local organizations have volunteer driver programs, which can

take you to appointments or the shopping mall, for example. Reservations are usually required.

PRIVATE GROUP TRANSPORT Some organizations, such as seniors' residences, leisure centers or clubs for older adults, offer free or low-cost group transit services. You can use them to attend local events, for example.

Of course, you can also ask friends and family for help from time to time. If you don't feel comfortable asking, try coordinating some of your trips to limit the inconvenience.



THE CAR OF THE FUTURE

Several countries have plans to improve travel for seniors by putting autonomous vehicles on the road. Self-driving shuttles, buses and cars will make it easier for passengers of all abilities to get to their destination.

Car tech for elderly drivers

It's not uncommon for elderly drivers to feel less than confident on the road. Fortunately, there are now a host of automotive innovations that can make driving easier and safer.

ASSISTIVE TECHNOLOGY Most cars today come with driver assistance technology. This includes infrared parking assistance, cruise control, electronic stability control, cornering lights, blind-spot detection and other features that can help keep you safe. Some vehicles also come with a built-in eCall emergency service that allows drivers to directly communicate with emergency responders if needed.

IMPROVED DESIGN Automakers are tweaking vehicle design to make handles and knobs more ergonomic for people with limited dexterity, including individuals with arthritis. In addition, vehicles are now being designed with lower door sills, longer sun visors and easy-to-adjust seats and steering wheels for added comfort. When purchasing or leasing your next vehicle, make sure to look for the latest technological features available.

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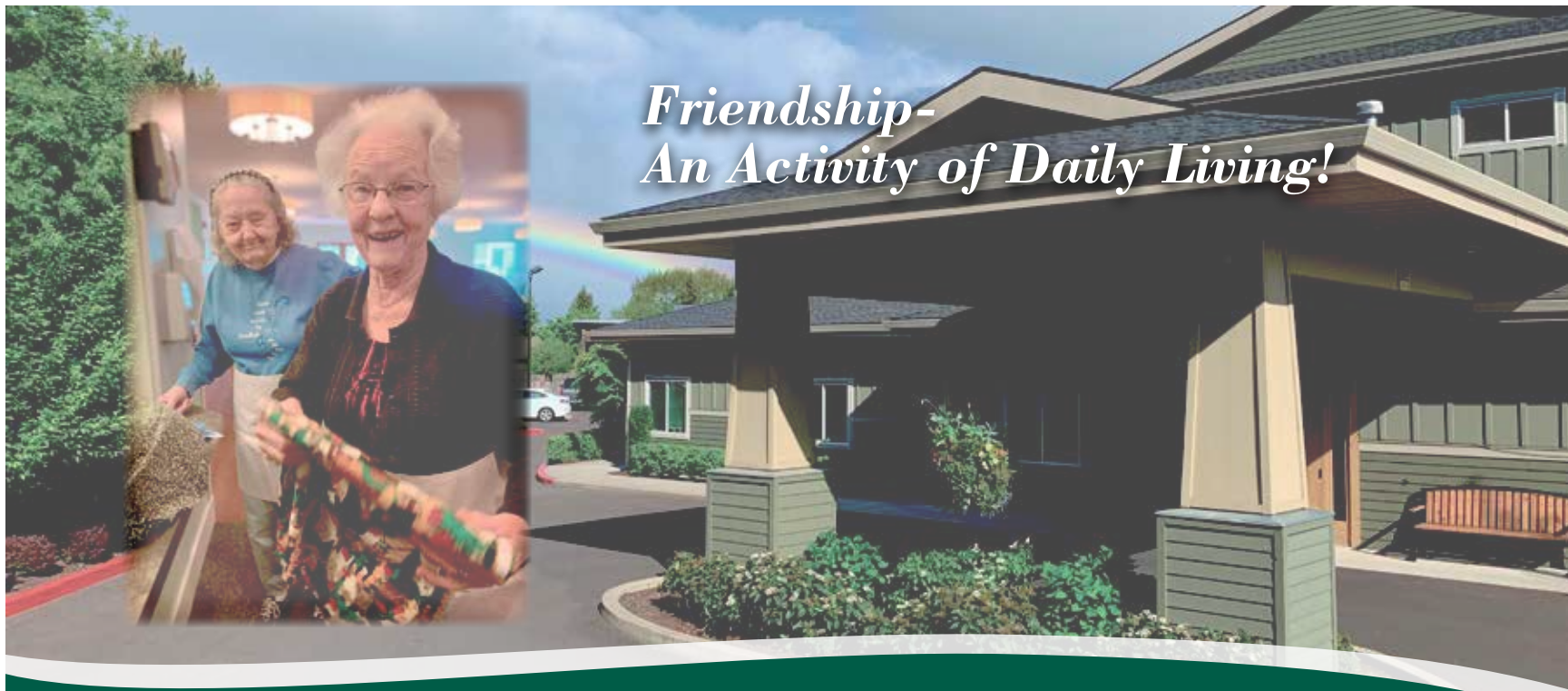
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