

Your Physical Wellbeing in Retirement

A healthy diet can benefit your brain and nervous system



The key to having a long and happy retirement can start with your overall physical and mental wellbeing.

Staying physically active improves your health and quality of life and may lead to a longer life. It's never too late to start being more active. A little activity every day can make a big difference, but it is advised to be active for 2 hours each week.

Exercise is also a great social activity and it may lead you to make new friends, whether this is a gym class, playing golf or tennis or just walking the dog. The best type of activity is one that gets your heart pumping faster than usual and this could be an everyday task such as cleaning the house or gardening.

Activity can reduce your chances of developing conditions such as, heart disease, diabetes, osteoporosis obesity and related health problems and some cancers.

By staying physically active, you're also more likely to stay independent for longer and have an improved confidence and self-esteem.

Exercise also helps with depression and anxiety and other forms of emotional distress.

REMEMBER:

- **talk to your doctor before starting your new exercise regime**
- **go at your own pace**
- **listen to your body**
- **do little and often**
- **think about your diet**



If you haven't done exercise for a while, it's always a good idea to start gently and build up gradually and increase this over time. Please talk to your GP before starting your new exercise regime.

A healthy diet can also benefit your brain and nervous system. Foods high in saturated fats, like cakes, biscuits or sausages, can speed mental decline. Other foods, like oranges and green leafy vegetables, oily fish or soya, are good for the brain.



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Police Mutual Products

Police Mutual offer a range of wellbeing support services, for more details check out our website:

www.policemutual.co.uk

Our Healthcare Scheme is a discretionary scheme for serving & retired officers and their families, it provides up to £30,000 in-patient treatment per year with a choice of treatment at any Nuffield, Spire or BMI healthcare hospital.

For more information visit:

www.policemutual.co.uk/healthcare

Police Mutual Services

Our Care Line Service provided by Health Assured can offer advice and information at the end of a phone, helping with a range of concerns including your physical wellbeing.

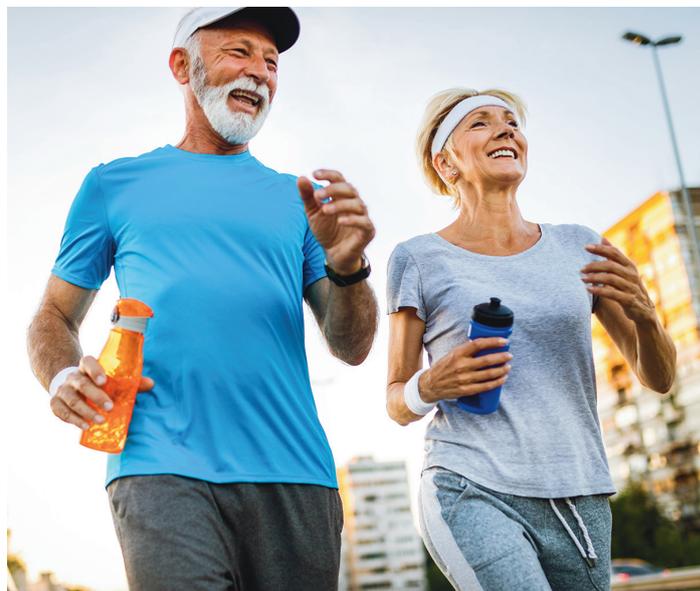
To talk to someone please call 0800 028 1708 or take a look at the e-portal where you can find lots of interesting articles including hints and tips on how to stay physically fit in retirement:

Health & Wellbeing e-portal:

www.healthassuredeap.co.uk

Username: policemutual

Password: careline



NOTABLE AWARENESS DAYS

International Day of Action for

Women's Health:

28 May 2020

Men's Health Week:

15 - 21 June 2020

Global Wellness Day:

13 June 2020

National Walking Month:

May 2020

WEBINARS, VIDEOS, PROGRAMMES AND ARTICLES

Physical Health & Wellbeing:

<https://youtu.be/j1g8w4jxt9M>

Exercise information, video & programme:

<https://healthassuredeap.co.uk/exercise>

Walking for health:

<https://healthassuredeap.co.uk/walking-for-health>

GETTING HELP:

www.nhs.uk

www.ageuk.org.uk

www.walkingbritain.co.uk

Your GP

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Visit policemutual.co.uk



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