



How to Grow Old Gracefully: Activities, Medicines & Medical Treatment

Dr. Jon Schiller PhD

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We all grow old and retire. Then we must live on Social Security and Retirement Pensions. Some may want to move from their present home and acquire one more suitable to their retirement situation. It is important to keep your mind active. Studies show Alzheimer's can be avoided by keeping an active brain. Also you need to adopt a daily exercise routine to keep your body active. For example: before breakfast in house exercising such as bend-overs and pushups following the US Air Force exercise routine. After breakfast jog or walk at least a mile per day. After retirement you have time to learn new ways to invest and you have more time to analyze your investment. Your author learned to do weekly options trading which will keep your brain working and generate weekly income. Chapter 12 describes a low cost options trading software from the author. Avoid expensive foods. Your author converted to a vegetarian diet obtaining protein from beans and nuts rather than meat. Studies have shown that vegetarians are healthier and live longer than meat eaters. Another reason for switching from meat to vegetarian is it costs less which helps cope with your retirement income. Participate in travel activities such as local bus tours, visiting friends and family by automobile, attending school alumni gatherings, and budget tour boat trips. Consider personal transportation modes such as electric cars or smaller cars with good mileage.

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