

# 12 tips for an active lifestyle in a retirement village: nurturing mind and body

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Whether you're an avid fitness enthusiast or you're simply looking to incorporate more movement into your daily routine and keep your mind sharp, we've got you covered with these practical tips.

## 1. Explore on-site facilities

Engage in group exercises, hang out at the cafe, workshop or library, or take a refreshing dip.

## 2. Take regular walks and keep moving

Walking is a wonderful and easy way to stay active, connect with nature, and socialize with fellow residents. Swimming, cycling, gardening, dancing and fitness classes are also great low-impact options.

## 3. Engage in community activities

Building connections with others is vital for mental and emotional well-being. Whether it's a friendly game of cards, a gardening club, or a painting, these groups foster friendships and keep your mind engaged.

## 4. Create a new resident group

Did you know that you can create your own interest group if one does not already exist? One of our most popular groups, Bridge, started out this way and boast more than 60 members.

## 5. Stay curious. Let the thirst for knowledge guide your journey

Lifelong learning keeps the mind sharp and the spirit young. Attend lectures, join book clubs, or indulge in arts and crafts.

## 6. Embrace technology

Stay connected with loved ones through video calls, join online communities, or discover fitness apps tailored to your needs. The digital realm is a gateway to endless opportunities. Don't be afraid to dive in!

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### Retirement Living at WMQ

A retirement village can provide a unique and supportive lifestyle. If you're ready to make the transition or simply need more questions answered, give us a call or [enquire online today](#).

### For further information contact:

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## 7. Volunteer and give back

Engaging in meaningful activities not only benefits others but also brings a sense of fulfilment to your own life. Explore volunteer opportunities within your retirement village or in the local community.

## 8. Prioritize self-care

Self-care is the key to rejuvenation and ensures you're ready to seize each day with enthusiasm. Prioritize restful sleep, eat nourishing meals, and practice relaxation techniques like meditation or gentle yoga, explore hobbies like painting, writing, or playing a musical instrument.

## 9. Maintain a balanced diet

Add plenty of nutritious options to your diet, consider nutrient needs for older adults like calcium, vitamin D and vitamin B12, adopt portion control, drink water throughout the day and limit sugary drinks.

## 10. Participate in the Residents' Committee and make a meaningful impact

One fantastic way to stay mentally stimulated and make a meaningful impact is by nominating yourself to the residents' committee. Attend regular meetings to discuss community matters and help organize various community events and activities, fostering a sense of purpose.

## 11. Visit Allied Health Professionals for Therapeutic Services

Through allied health therapies, residents receive personalized exercise programs to stay active for longer. At WMQ you will find in-house allied health professionals, ensuring high quality of service, as well as co-located Wellbeing Centres at our retirement villages in Chermside and Sinnamoon Park. Rosemount Village even offers a hydrotherapy pool.

## 12. Find time to prioritise your own needs, guilt-free

Society often portrays selflessness as a virtue, leaving us feeling guilty when we dare to put ourselves first. However, when we engage in self-care activities, we replenish our energy levels, enhance our mental clarity, and cultivate emotional resilience. Neglecting self-care also diminishes our ability to fulfil our commitments to others.

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