



# 18 ways to keep healthy when retiring overseas

Healthy ageing should be a priority wherever you are, but especially so if you have decided to spend your retirement living overseas.

Here are some great tips to help you keep fit and healthy enough to make the most of your overseas retirement.

# 1.

## Eat and drink your way to good health

A balanced diet is crucial to keeping you in good health and preventing illness. A Mediterranean diet is a good yardstick for healthy eating. And don't forget to hydrate regularly, especially if you are living in a warm climate.



# 2.

## Stay physically active

Daily exercise will lower your risk of obesity, heart disease, stroke, diabetes, and other ailments. Even doing something as basic as walking for 30 minutes each day is a great way to improve or maintain your overall health.

# 4.

## Sleep well

Sleep – too much or too little – can have a huge impact on your health. Do your best to get enough quality sleep. Go to bed at regular times and control your environment to make it more conducive to good sleep.



# 3.

## Develop a fitness routine

Set yourself a simple, achievable fitness routine and stick to it – for example dedicating 30 minutes for exercise each morning. And begin with exercise that you enjoy – something that is both fun and beneficial.



# 5.

## Take care of your teeth

Taking good care of your teeth is good for dental health and overall health. Gum disease can be linked to diabetes, strokes, heart disease and rheumatoid arthritis. Brush your teeth twice a day and floss daily.

# 6.

## Get plenty of sunlight

Vitamin D is one of the most important nutrients for overall health, and sunlight is one of your best sources. Many people have a vitamin D deficiency and aren't aware of it. Aim to get at least 30 minutes of sunlight each day and add a vitamin D supplement if necessary.

# 7.

## Find your new tribe

Spending too much time alone can have a negative impact on both your physical and mental wellbeing, so look to make new friends and build a strong social life in your new location. A good social circle can also make for a good support network when it's needed.



# 11.

## Build resilience

Resilience - or the ability to overcome stressful and challenging moments - is hugely important for managing the mental and emotional pressures you may face. Resilience can also help you maintain a more positive outlook and cope more effectively with stress.

# 8.

## Stay in touch with family

Keep in touch with family and friends back home by maintaining regular calls and arranging visits if and when possible. This helps you deal with issues such as isolation or homesickness, which are common for those who have retired overseas.



# 9.

## Keep an active mind

Just as your body needs exercise to keep it in good working order, the same is true for your brain. There's a lot you can do to keep your mind sharp and alert - take up a creative hobby, go on a course to learn something new, or consider meditation and wellness activities.

# 10.

## Watch your mental health

Moving overseas can be stressful, which in turn can lead to mental health problems such as anxiety and depression. Don't let mental wellness issues escalate. If in doubt, seek professional help.



# 12.

## Research local healthcare options

A new country will mean having to deal with a new healthcare system and potentially new health risks. How good is the healthcare system? How much will it cost? Can you access public services? What medication is available and what isn't? Check in with your doctor or healthcare provider before you leave.

# 13.

## Make the most of your doctor

Treat your health exactly as you would if still back home and that means visiting a doctor when necessary. Health insurance can help by providing you with a network of trusted healthcare professionals, as well as telehealth options.



# 14.

## Get tested regularly

Retiring overseas and being unfamiliar with the local healthcare system makes it even more important to be tested regularly. Pay attention to those things that get most affected by age such as hearing, eyesight and teeth, as well as regular routine tests such as blood pressure and cholesterol levels.



# 16.

## Have a plan for long-term care

The reality is that the majority of us will require varying levels of assistance as we age. Long-term care facilities may not be as common in your new home, so it pays to make a plan now so that you are prepared.



# 15.

## Manage your chronic conditions

If managed well, chronic conditions should be no impediment to enjoying retirement overseas. Make sure you have access to the same level of treatment and medication that you are getting at home and be comfortable with having bad days.

# 17.

## Have good insurance

Take out a comprehensive insurance policy that covers all eventualities. Many insurance companies offer packages that cater specifically for overseas retirees of all ages, offering a flexible plan design allowing you to pick benefits you need, and excluding those you don't.

# 18.

## Enjoy yourself!

Doing things you enjoy each day is an overlooked but essential element of a healthy life. Retirement is something to take pleasure in, so take time out each day to do the things you enjoy.