



**LIVING
YOUR BEST LIFE
AFTER 70**

...A Practical Guide

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Living Your Best Life After 70

Living Your Best Life After 70: A Practical Guide

Introduction:

Turning 70 is a milestone to celebrate! It's a time to reflect on your life's accomplishments, embrace new opportunities, and focus on living your best life. Contrary to outdated stereotypes, life after 70 can be vibrant, fulfilling, and full of purpose. This guide will help you focus on key areas to maximize your happiness, health, and overall well-being in this new chapter.



1. Prioritize Your Health:

Staying active and maintaining your physical health is one of the best ways to enjoy your later years. But this doesn't mean you need to run marathons! Gentle exercises such as walking, swimming, or yoga can keep your body in good shape without overstressing it.

- **Tip:** Start with small, manageable goals, like a daily 20-minute walk or a beginner yoga class.
- **Check-in with your doctor regularly.** Keeping up with health screenings, preventive care, and following your doctor's advice will keep you ahead of the game.

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- Schedule a check-up with my doctor.
- Set a daily exercise goal (e.g., 20-minute walk, yoga class, swimming).
- Find an exercise buddy or group.
- Explore local gyms or senior centers for fitness programs.
- Research online fitness classes for seniors.

Checklist: Prioritize Your Health

Checklist: Nourish Your Body

Life after 70 can be your best chapter yet. By focusing on your health, nurturing relationships, exploring passions, and practicing gratitude, you can enjoy this stage to the fullest. Remember, it's never too late to try new things, build connections, and live with purpose. Here's to living your best life—after 70 and beyond!

Good nutrition is key to feeling energetic and staying healthy. Focus on a diet rich in fruits, vegetables, lean proteins, and whole grains, while staying mindful of sodium and sugar intake.

2. Nourish Your Body:

Tip:

Consider creating weekly meal plans that prioritize balance and enjoyment. The occasional indulgence is okay too—food should always be a pleasure!

3. Stay Mentally Sharp:

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A sharp mind is just as important as a strong body. Engage your brain by learning new skills, reading, doing puzzles, or even picking up a new hobby.

Tip:

Try crossword puzzles, Sudoku, or online brain-training games. Learning a new language or musical instrument is also an excellent mental workout.

4. Cultivate Relationships:

Maintaining close relationships with family and friends is one of the most rewarding aspects of life after 70. Take time to nurture these bonds and seek out new social connections through clubs, classes, or volunteer work.

Tip:

Make an effort to connect with friends or loved ones each week, whether through a phone call, lunch, or a simple check-in text.

5. Explore New Passions:

This is your time to embrace things you've always wanted to do. Whether it's traveling, gardening, painting, or even going back to school, now is the perfect time to pursue your passions.

Tip:

Make a bucket list! Write down all the things you'd love to experience or accomplish and start planning for them. The sense of purpose will keep you energized.

6. Focus on Financial Health:

Financial security plays a big part in peace of mind. Regularly review your financial situation and make adjustments as necessary to ensure you're comfortable and secure.

Tip:

Consider consulting with a financial advisor who specializes in retirement planning to ensure your savings, investments, and income streams are aligned with your goals.

7. Travel and Explore:

Many people find that travel becomes even more enjoyable in their later years. Whether it's a big adventure overseas or a day trip to a nearby town, travel can provide a fresh perspective and new memories.

Tip:

Look for senior discounts, and travel in the off-season for less crowded and more affordable experiences. Group tours designed for seniors are also great for meeting new people.

8. Volunteer and Give Back:

Volunteering is a wonderful way to stay active, meet new people, and contribute to causes you care about. It can provide a sense of purpose and keep you engaged in your community.

Tip:

Consider local opportunities that align with your interests—whether it's mentoring, helping at a food bank, or supporting animal shelters.

9. Practice Mindfulness and Gratitude:

Practicing mindfulness and gratitude can boost your overall well-being. Taking a few moments each day to reflect on what you're grateful for can have a profound impact on your mental health.

Tip:

Keep a gratitude journal. Write down three things you're thankful for each day, no matter how small. This simple practice can shift your focus to the positive aspects of life.

10. Embrace Simplicity:

At this stage of life, it's important to focus on what truly matters. Let go of things that no longer serve you—whether it's clutter, obligations, or toxic relationships—and focus on the people, experiences, and activities that bring you joy.

Tip:

Decluttering your living space can bring a sense of peace. Tackle one room at a time, donating or passing on items that no longer fit your current lifestyle.

Conclusion:

- Create a weekly meal plan focusing on fruits, vegetables, and lean proteins.
- Research low-sodium and low-sugar recipes.
- Schedule grocery shopping for fresh, whole foods.
- Try one new healthy recipe this week.
- Limit processed foods and sugary drinks from my diet.

Checklist: Stay Mentally Sharp

- Start a new hobby (e.g., painting, knitting, gardening).
- Complete a crossword or Sudoku puzzle.
- Download a brain-training app.
- Read a new book on a topic that interests me.
- Learn a new skill (language, instrument, or craft).

Checklist: Cultivate Relationships

- Call or video chat with a family member or friend.
- Schedule a weekly meetup with a friend or group.
- Join a club or activity group (e.g., book club, gardening, bridge).
- Volunteer or participate in community events.
- Reach out to an old friend I haven't spoken to in a while.

Checklist: Explore New Passions

- Write a bucket list of new things I want to try.
- Sign up for a class or workshop (art, cooking, photography).
- Plan a day trip to a nearby town or park.
- Research online courses for a topic that excites me.
- Create a designated time each week to work on a new passion or hobby.

Checklist: Focus on Financial Health

- Review my budget and adjust for current needs.
- Meet with a financial advisor for retirement planning.
- Review savings, investments, and income streams.
- Research ways to reduce monthly expenses.
- Ensure all legal documents (wills, power of attorney) are up to date.

Checklist: Travel and Explore

- Make a list of travel destinations I want to visit.
- Research senior discounts for travel (flights, hotels, tours).
- Plan a weekend getaway or day trip.
- Pack a travel bag with essential items for my next trip.
- Explore senior-friendly travel groups or tours.

Checklist: Volunteer and Give Back

- Research local volunteer opportunities (mentoring, animal shelters, etc.).
- Choose a cause that aligns with my passions.
- Set aside time to volunteer regularly.
- Reach out to a local organization to offer my skills or time.
- Join a community or group focused on giving back.

Checklist: Practice Mindfulness and Gratitude

- Start a gratitude journal: Write down three things I'm grateful for each day.
- Set aside 10 minutes each day for quiet reflection or meditation.
- Practice deep breathing exercises to reduce stress.
- Take a nature walk and focus on the present moment.
- Try a mindfulness or meditation app.

Checklist: Embrace Simplicity

- Declutter one room in my home, starting with a small area.
- Donate or give away items I no longer need.
- Organize my home to make everyday tasks easier.
- Reflect on relationships: Are they supportive or draining?
- Let go of any unnecessary commitments that don't bring me joy.

