

Travel: It's Good For You!

BY DAWN RUECKL

Saint Augustine once said, “The world is a book, and those who do not travel read only a page.” Seniors dedicated to a lifestyle of continued learning, personal health and general well-being are definitely not content to stay on the same page. For those people, travel is essential.

At the risk of oversimplification, quality of life as a person ages is directly related to quality of health. Good health means sound mind and useful body. Maintaining good health means exercising and stretching mind and body, keeping them fit and working, plus feeding both the right materials and making the ground fertile for growth. Travel can provide all these things.

Travel is good for the brain – allowing it a chance to stretch and grow by constantly being challenged by the unfamiliar. The brain is presented with new perspectives, thereby creating new connections. You meet people and form relationships based on an unfamiliar foundation. You develop new skills by challenging yourself with new activities. You expand your sensory experience by trying new foods, listening to new music, and seeing varied landscapes. All of these stretch and enhance the brain.

A lifestyle that incorporates constant learning is also important to good health. Travelling beyond the familiar and into the greater world provides a source of education that cannot be found elsewhere. Firsthand knowledge

New stimuli force you to use your brain in new and unfamiliar ways so that you truly are living in the here and now, which is good for your sense of well-being.

is gained in economics, politics, history, geography and sociology.

Travel allows you to truly live in the moment. When the packing and planning is done and you hit the road to discovery, leaving the familiar in the rear-view mirror, you truly are in the zone. New stimuli force you to use your brain in new and unfamiliar ways so that you truly are living in the here and now, which is good for your sense of well-being.

Living in the moment is great for the body as well. Focus on the here and now releases the stresses of daily life

and ongoing concerns, which allows the body to relax. Reduced stress can be linked with better blood pressure, increased concentration, reduction of headaches, and the improvement of digestive disorders.

Activity levels also increase during travel. Without familiar modes of transportation readily available, you'll rely on the most primitive and convenient form of transportation: your feet. And being outdoors for long periods, you'll also soak in healthy doses of vitamin D and vitality.

Travel is also an ambassador to world peace. As the great author Mark Twain once said, “Travel is fatal to prejudice, bigotry and narrow-mindedness.” Every time you connect with people that live and work in different countries or cultures or even neighbourhoods, you make a connection. Increased connections between people mean increased understanding. And when you increase understanding, the world becomes a smaller and more peaceful place. Making the world a better place is conducive to feeling good about yourself, which is, of course, good for your health.

So, what are you waiting for? Travel – it's good for you!

SL



Senior Living Vancouver is available at most Recreation Centres and Libraries in the following municipalities:

- VANCOUVER • BURNABY • NEW WESTMINSTER • WHITE ROCK
- NORTH VANCOUVER • LADNER / TSAWWASSEN • PORT MOODY • COQUITLAM
- PORT COQUITLAM • SURREY • RICHMOND • WEST VANCOUVER • LANGLEY
- ABBOTSFORD • PHARMASAVE STORES THROUGHOUT BC

Senior Living
MAGAZINE

Call 1-877-479-4705 for other locations.