

# 5 Reasons to Stay Social As We Age

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**As we age, we are more and more likely to grow isolated and to give up on our social life. This is a mistake for many reasons - studies have shown that seniors who maintain an active social life show improved mental and physical health. Here are 5 reasons why staying social is good for you!**

- 1. Improve your mental health.** Stress and depression can increase when you fail to socialize. Keeping in contact with friends can help maintain good emotional health. Social activities can even improve the cognitive function of the brain.
- 2. Improved physical health.** Socializing consistently can lower blood pressure, boost the immune system and reduce physical pain. Social relationships often naturally lead to more physical activity. You may find yourself getting together with a workout buddy, walking group, or joining friends on the golf course.
- 3. Develop better eating and sleeping habits.** As we age we often become vulnerable to malnutrition. Studies show that when people dine with others, they often eat more food and healthier options than dining alone. Additionally, those with good relationships in their lives tend to sleep better than those without them.
- 4. A sense of belonging.** Social activities not only help you stay connected to those you care about most, but they can give you a feeling of belonging. Finding engaging ways to spend time with others allows you to build a support system. These people will provide a sense of purpose to your days.
- 5. Increased longevity.** Some studies have shown that those who are connected to others live a longer, happier life. Friends can help you deal with the stresses of life and can also encourage you to live a healthier lifestyle.



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