



## Retirement for today's aging population is active, resort style living

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(NC)—According to the Public Health Agency of Canada, older adults can live longer, healthier lives by staying socially connected, increasing their levels of physical activity, and eating in a healthy way. Based on this recipe for success, Canada is seeing a surge in the popularity of adult lifestyle communities as retirement destinations. These properties are considered perfect for those 55+ who want to maintain an independent lifestyle and healthy balance while being within a community of their peers.

One property ready to meet this demand for active living is the Longwood Community on Vancouver Island. The latest phase of this established, 50 acre, master-planned community called Thornbridge at Longwood, offers condominiums designed for active boomers who are looking for quality design, worry-free maintenance and resort style living.

Vancouver Island brings the bonus of a warmer climate and some snowbirds, experts say, are discovering this "California North" is ideal since they benefit from Canadian healthcare and savings on travel insurance.

Reviews of Thornbridge at Longwood point out that in addition to offering a spectacular condo living space, the resort style services can also include housekeeping, room service, handyman services, and catering right to one's doorstep. Residents can golf, cycle, practice yoga, or beachcomb just a few minutes away. This community boasts an upscale shopping centre and a 176 suite resort style retirement residence, Origin at Longwood, for an aging in place option for the future.

A local island fitness instructor, Brian Sugiyama, sees this growing trend firsthand. As a boomer himself, and a Life Enrichment Consultant for Origin at Longwood, he says he experiences the benefits of active aging and community living every day.

"Staying active when you're over 50 is extremely important for maintaining mental and physical health," Sugiyama explains. "Our residents have access to a variety of activities, dining, and entertainment, and the social aspects of our programs enhance the quality of life and you really notice that people are happier and healthier."

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