

A person in a black wetsuit is kitesurfing on the ocean. The kite is orange and blue, flying in the sky. The person is leaning back, holding the kite's lines, and creating a large splash of white water. The sky is blue with some clouds.

TWEET
@RETIREMENTMAG

CHEERINGUPINFO

RETIREMENT DOES NOT HAVE
TO MEAN DYING SLOWLY IN
YOUR SLIPPERS!

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**SPORTS
REVIEWS**

***LIVE FAST
DIE
HAPPY!***

**Be more active in
retirement**

We can measure our life by how long we live or by how much life we put into living! Learning a new sport can help both the mind and body live well in retirement.



**ARE YOU ON THE
ROAD TO
SOMEWHERE, OR
ON THE ROAD TO
NOWHERE?**

**DISCOVER NEW
WAYS TO LIVE
BETTER IN
RETIREMENT WITH
CHEERINGUPINFO.**

**CONNECT WITH
LIKE-MINDED
RETIREEES
LOCALLY AND
GLOBALLY.**



EXPLORE

CHEERINGUP.INFO

Explore the big beautiful world and see where you can get to with CheeringupInfo

The world has moved on. So many clubs and businesses offer great experiences for you to enjoy in retirement. Pushing life a little every day makes for a better life. You may not reach the next Olympics but that is not the aim.



**TWEET @
RETIREMENTMAG**

NEED FOR FUN

Many places offer the chance to learn how to do a sport. It may give you a flavour of something you can enjoy more, or just give you a laugh for the day!

A snowboarder in a black jacket and grey beanie is captured mid-air, performing a jump over a wooden structure made of logs. The snowboarder is wearing colorful boots and has snow spraying around them. The background shows a vast, snowy mountain landscape with evergreen trees and a hazy sky. A red banner in the top left corner contains the word "WINTER" in white capital letters.

WINTER

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Winter can be miserable, but you do not have to be miserable in winter!
CheeringupInfo

Both the sun and the snow are good natural ways to lift the spirits in winter. Find the snow resort to match your ability on the slopes. Mix skiing or snowboarding with sledging, amazing new food and great night life.



TWEET
@RETIREMENTMAG

SUN ANY TIME

There are great people waiting to teach you a new skill to match most capabilities any time of year. You just need to look.

**IT MAY WELL BE GREENER ON
THE OTHER SIDE WITH
CHEERINGUPINFO**



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date with latest
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ACTIVE TOURISM

You may want to set new goals for life in retirement? Do things in other parts of the world you have never done before!