



working age

If you need a good reason to stop working, here's one — the earlier you retire, the healthier you'll be

BY DR. ART HISTER



feeling better, retire earlier.

No, I don't mean start going to sleep at 8 p.m. instead of the usual hour of shut-eye for the middle-aged, namely 9 p.m. I mean retire earlier for real, from your job.

You see, according to two studies published recently, when you retire, your health improves, and not by a small bit either — but rather dramatically.

According to the first study, after a person retires, their sleep improves

most jobs, his or her health improves tremendously.

Specifically, the percentage of workers reporting poor health dropped from 19.2 per cent in the year before retirement to 14.3 per cent by one year after retiring. These numbers, according to the researchers, mean that compared to how he felt seven years before he retires, the average retired worker feels an amazing eight years younger within a year of quitting his job, which is an even better result than you'd

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significantly, meaning that once you retire you can stay up without feeling any guilt or apprehension to watch the various incarnations of **Mansbridge** (Is he standing? Is he sitting? Do you care?), because you're likely to sleep better through the night and longer into the morning.

And the second study, a 15-year-long survey of 15,000 French workers (to be honest, as a frequent visitor to France, I was totally shocked they found that many workers not on strike in that country), concluded that after a worker retires and moves out of the stress-filled environment that surrounds

get from imbibing alcohol, winning a lottery, marrying a 24-year-old (that actually ages most people), or getting the best cosmetic surgery.

And even better, perhaps, this benefit — feeling younger and in better health — lasted for at least seven years after retirement.

One caution, though: this advice to retire in order to improve your health doesn't really apply to people like certain 20-somethings out there. In order to retire, you really should have been doing something that approximates work in the first place. ■

I honestly don't know how this happened. But then, I don't know how most things in my life happened. I do know that I've always had two very strong women offering me constant "advice" (which I think of as commands), and their opinions seem to have accounted for nearly everything I've done or become. But no matter the reason, the reality is that I've become

a doctor who dispenses lifestyle advice to the public. Think of me as Dear Arty, a male equivalent of Dear Abby but with less hair. This is actually a good thing because offering advice is certainly easier than taking care of sick people.

Anyway, to that end, here's a piece of lifestyle advice that will be a very easy sell to most of you, I'm sure: if you want to start

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