

THE IALH UPDATE

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Vitality and Retirement Satisfaction



Image courtesy of Centre for Ageing Better

“It is generally accepted that most retirees have more leisure time than employed adults. Retired adults can choose to fill that additional discretionary time with sedentary, active, social, or solitary pursuits. A range of associated life-quality factors accompanies retirees’ leisure choices and participation motives.”

-Hetherington, Liu, and Meldrum, 2021

Retirement has been identified as a major life transition which involves both gains and losses. Although pre-retirement planning has been recognized as important for one’s well-being during retirement, it has largely been associated with financial planning. As part of his doctoral work, Arne Hetherington, a relatively new graduate in the School of Exercise Science, Physical and Health Education and former IALH student affiliate, explored the impact of leisure planning on retirement satisfaction and vitality. He recently published findings from this research in collaboration with his supervisor John Meldrum and IALH faculty affiliate Sam Liu.

Several terms and concepts were defined based on existing literature. For example, retirement satisfaction was described as “enjoyment of daily activities, perceiving life as meaningful, a sense of success in achieving principal life goals, a positive self-image, optimism, and general happiness” while vitality was defined as “a positive sense of aliveness and energy.” Competence was defined as the “conquering of optimal challenges,” autonomy was described as “freedom from excessive control,” and relatedness was identified as “involvement and belongingness.” Project leisure was described as “activities of varying duration and skill requirements, all with a definite beginning and end,” casual leisure was defined as a wide range of activities “requiring little if any previous experience, related skill or commitment,” and serious leisure was defined as “a commitment equivalent to a career.”

Hetherington, Liu and Meldrum found that retirement satisfaction was positively related to vitality, meaning that more positive ratings on one variable (for example, retirement satisfaction) were associated with more positive ratings on the other variable (for example, vitality). Both retirement satisfaction and vitality were also positively associated with: retirement competence; relatedness satisfaction; and autonomy satisfaction. Casual leisure competence was positively associated with both retirement satisfaction and vitality, although project leisure competence was associated with vitality only.

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In addition, project leisure was positively related to both casual and serious leisure, and casual leisure was positively related to serious leisure. The researchers concluded that “casual, project, [and] serious leisure activities are associated with retirement satisfaction and vitality through competence, relatedness, and autonomy...promoting autonomy and competence in activities will not only contribute to well-being and retirement satisfaction but will also nurture motivation to further pursue leisure activity.”

For more information, see <https://doi.org/10.1080/11745398.2021.1902357>

Celebrate National Health and Fitness Day with us on Saturday June 5



In an effort to recognize both the negative and positive impacts of COVID-19 on people’s physical, psychological, and social well-being, Canadians of all ages are encouraged to “get up, get out, and get active” June 1 to June 5. Check out IALH’s website (www.uvic.ca/aging) beginning June 1 for research summaries, suggested activities, local resources and inspirational messages related to:

- Feeding your body and mind
- Finding strength and balance
- Moving your way
- Seeking fun
- Celebrating National Health and Fitness Day

Each day, remember:

- Build time into your routine for yourself
- Some activity is better than no activity
- Participate in one or more activities that you enjoy

Everyone, regardless of age or ability, is encouraged to **Show Us Your Moves**, by sharing a short paragraph, inspirational message, or photo related to how you have participated in National Health and Fitness Week 2021. Send your contributions via e-mail (aging@uvic.ca) or tag us on Facebook (UVic Institute on Aging and Lifelong Health) or on Twitter @UVicAging with the hashtags **#ShowUsYourMoves** and **#NHAFD2021**. Your submission may be included in an upcoming issue of the *IALH Update* and/or other IALH materials.

To see what other events are happening across Canada, go to www.showusyourmoves.ca.

For more information on National Health and Fitness Day, see <https://www.nhfdcan.ca/>

UPCOMING EVENTS:

Nutrition 2: Are We What We Eat?

An Elder Academy Event

From the basics of understanding metabolism and calories, to looking at some of the complex nutrient relationships that contribute to your health, Greg Mulligan, Sessional Lecturer with UVic's School of Exercise Science, Physical and Health Education, will discuss the intricate behaviours that drive people to adopt a variety of popular diets and some of the strategies to successfully navigate your food journey.

DATES: Tuesdays, June 1, 8, 15, 22, 2021

TIME: 2:00 pm to 4:00 pm. Entry to meeting starting at 1:45 pm for all 4 events

WHERE: Online via Zoom

COST: \$20.00 for the four sessions*

*Students may attend free but must register by emailing UVRAElderAcademyevents@uvic.ca

For more information on presenters and to register, visit:

<https://www.eventbrite.ca/e/nutrition-2-tickets-150361865387>

Questions? Please contact the University of Victoria Retirees Association at

UVRAElderAcademyEvents@uvic.ca



University
of Victoria

Retirees
Association

The UVic Retirees Association provides the public with better mental and physical health for seniors through stimulating education experiences.



The Belfry Theatre's production of **Same Old Same Old** has been rescheduled to September 21-26.

For more information, see <https://www.belfry.bc.ca/same-old-same-old/>

RESEARCH OPPORTUNITIES:

Canadians' Use of Health Technology

How do you use technology to support your health?



We would be very grateful if you take the time to answer our questions!

<https://www.surveymonkey.ca/r/Canadians-Use-of-Health-Tech>

We are looking for non-expert responses. Please do not participate if you are a training or practicing health care professional.

Please help us by sharing the link with others

Questions about the study?
Please email Dr. Helen Monkman (monkman@uvic.ca)

eFIT Executive Function Improvement Training

Looking to be active? Free Guided Exercise

**The Cortex Lab
in collaboration
with Tall Tree
is looking for
participants**

8 week cognitive health study divided into
1 hour a week of video guided exercise
2 hours a week of self-directed exercise
completing questionnaires and
computer-based cognitive tasks

Randomized group assignment to:
Active Group or Control Group

Eligibility Criteria:

- ✓ 65+ yrs old, in good health
- ✓ Currently living in Canada
- ✓ Access to internet and smartphone or tablet
- ✓ All genders are welcomed

www.uvic.ca/efit efitstudy@uvic.ca



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