



ASK LARRY

Retire Early? Die Early?

Q: *I'm 65 and still working. However, most of my friends are retired and seem happy. Should I join them?—PC*

A: Not necessarily. If you enjoy working and your health is good, why quit? 40% of people in their 60s are still working; 14% in their 70s and 4% in their 80s.

Early retirement may be the kiss of death. A good friend of mine retired at 55 because he could. Sadly, five years later he died of a heart attack. I firmly believe that early retirement contributed to his death. Many studies show that men who retire early tend to die sooner.

Takeaway? Keep working as long as you want to. And retire when you are good and ready.

Q: *My wife and I are celebrating our 50th wedding anniversary this year. Is it common being married to the same person this long —AT*

A: Not common at all. The median length for a marriage in America is 11 years. You will soon join an elite “5% club.” Only 5 percent of marriages today last for 50 years due to the two Ds.—divorce and death. Congratulations! You and yours definitely deserve to celebrate!

Q: I saw my 80-year-old grandfather recently for the first time in several years. I was shocked how much he had aged since the last time I saw him. Do we age faster as we get older? —BG

A: Yes. After the age of 50, the average “fit” person loses 1-2 percent of everything including strength, mobility, eyesight, hearing, etc.

This is normal aging. However, after age 75, the aging process accelerates rapidly. If you haven't seen an older friend for some time, it can be shocking how old she/he may look. But keep in mind that you are aging, too.

Growing old is normal. Don't sweat it. Keep moving as long as you can. Stay positive and consider the alternative!

Got a question?

Ask me anything.

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