

FREE TIME RETIREMENT VERSUS HEALTH PHYSICAL FITNESS

WHAT PLANS TO ADOPT A HEALTHIER LIFESTYLE! CASE

UNIVERSITY SECURITY SECTORS WORKERS

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ABSTRACT

The interplay between productivity and retirement life is central to many core issues regarding pensions and retirement. According to recent research published in the journal *Epidemiology*, (Q. Asthon Acton, PhD, 2011). Whereas (Lisa F. Berkman, et al, 2014) confirm by Gallo and colleagues that worker approach retirement, may have extensive physical and mental health consequences.

Where the free time as physical inactivity contributes to substantially and the global burden of disease. Based on background that the Retirement is a risk life stage due to the change in lifestyle. Our aims in this study are to examine these Impact on university security sectors workers. Where our hypotheses come based on the free time Retirement and the absence of leisure activities (Mo Wang, 2012).

Since the limit of the study Our assuming was based on the heartbeat, time, efforts, formula Power (Watts), the sugar level in blood, Maximum Heart Rate and Blood pressure whereas the samples were selected by the intentional manner included 14 participants in good medical health with good habits (no-smoking and no-drinkers) their mean age \leq 53,21 years working in the security sector of university 7 retirees in the previous year and 7 awaiting their retirement.

Based on the applied statistics our findings showed that retirement is associated with negative changes in lifestyle security sectors which increased risk for high blood pressure and the deteriorating physical health level. Whereas Promoting healthy lifestyles is a vital message government responsibility to their community (Great Britain. Parliament. House of Lords, 2006) to increase their social activities. (Dianne Hales, 2014)

KEYWORDS: Free Time Retirement, Health Physical Fitness, University Security Sector Workers