

The Olympics and Lessons on Longevity

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Of the 613 U.S. athletes competing in the Tokyo Olympics, one athlete holds a unique spot deserving special recognition as the oldest member of Team USA. Phillip Dutton, the 57-year-old equestrian, will be competing in his 7th Olympics for his 4th medal. His resume includes the distinction of winning two gold medals and one bronze.

A recent AARP article highlighting Dutton's Olympic journey toward another medal in Tokyo captures an insightful quote on his mindset, despite being the oldest team member:

"I think it's important to stay current and relevant — not think about the 'good old days' too much."

Like Dutton, who is constantly being reminded of his age (who only in the Olympic context would be considered older!), people who are contemplating their journey in retirement could benefit by considering how to stay current and relevant in these key [Elements of Retirement](#) ^[2]:

1. **Growth:** How can my time and energy in retirement be used to promote lifelong learning?
2. **Work:** How can I use my experiences and skills to finish well with relevancy in my career? What skills can I carry into a new chapter of work in retirement (including part-time or volunteering)?
3. **Leisure:** Are there hobbies and other activities I enjoy that create new learning opportunities, in addition to fulfillment and relaxation?
4. **Health:** In what ways can I ensure I'm physically and mentally taking care of myself? How can a healthy lifestyle help me enjoy the present and not overly dwell on the past?

5. **Aging:** How can I properly prepare for the reality of aging while making sure I don't place my own limitations on what I think may or may not be possible?

Read more about Dutton's story as you consider building your own story of maintaining significance in retirement: <https://www.aarp.org/politics-society/history/info-2021/team-usa-oldest-olympic-athlete.html?intcmp=AE-HP-TTN-R3-POS3-REALPOSS-TODAY> [3]

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