



This group of active seniors keeps fit by regularly hiking in and around Boulder, Colo.

JIM LO SCALZO FOR USN&WR

America's Best HEALTHY Places to Retire

By Kimberly A. Castro

Think of it as retirement reinvented. As Americans live longer and in better health, all those old retirement clichés seem evermore removed from reality. Long walks on the beach? Hitting the links? Fiddling around the house? Nope, modern retirement can be so much more than that, from triathlons to deep-sea fishing. (OK, and maybe a little golf.)

Of course, to make the most of this next stage of life, you have to be healthy. And whether you practice yoga to heighten your mental acuteness and flexibility, soak up the panoramic views at the highest peak of a hiking trail, or get a rush when a gust of wind hits the sails, *where* you spend your later years can make all the difference.

To help you get started on the process of finding the healthiest spots to retire (assuming that such a thing is still possible, despite the dismal stock market), *U.S. News* traveled the country and selected 10 editors' picks. These are places way ahead of the healthy-living curve—they provide numerous places to exercise, promote strong social support, and encourage healthful lifestyle habits. And each has a little something extra, too. In Portland, Maine, for instance, it's sailing. Longmeadow, Mass., is a haven for bird-watchers. And folks in Walnut Creek, Calif., are wild about gardening.

But our list is just the beginning. Want to search for the retirement spot that best fits your needs? Just go to www.usnews.com/retiresearch, and you'll find the 2008 version of our Best Places to Retire search tool. It allows you to sort through



more than 2,000 locations throughout the United States according to the criteria that are most important to you, including climate, access to healthcare, cost of living, and recreational choices. You'll end up with a customized list of places with detailed information about

each city or town. You can also find more editors' picks of the greenest, brainiest, and outdoorsiest places to retire. We've even got something for golf nuts and the most fanatical of football fans. Finally, we've included favorite retirement havens submitted by readers.

There's no better time than retirement to focus on your health. By choosing the best place for a healthy retirement, you can bet you'll look forward to personal fulfillment and a longer life. Oh, and feel free to break some myths along the way. ●

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You can whet your appetite by viewing videos of some healthy places to retire at www.usnews.com/retirevideo or photo galleries of all 10 editors' picks at www.usnews.com/retirephoto. Then on to the main course: searching the *U.S. News* database of 2,000 retirement spots at www.usnews.com/retiresearch to find a great one for you. And bone up on retirement finances and more daily at Emily Brandon's Planning to Retire blog: www.usnews.com/planningtoretire.

MAPS BY JILL BEVIER—USN&WR



Hikers climb a verdant trail on Tiger Mountain, one of many near Issaquah.

Issaquah, Washington

You can walk to nearly everywhere but Seattle

By Hillary Quinn

It's 8 a.m. Denise Jarvis, 79, downs her coffee, laces up her tennis shoes, and hits the walking trails directly outside her home in Issaquah, Wash.—a year-round, five-day-a-week, 4-mile-a-day habit that helps maintain both her physical and mental well-being. Jarvis, along with husband Reed, 76, is among a growing number of retirees who have chosen to make this gem of a city—tucked into the foothills of the Cascade mountain range and located just 17 miles from downtown Seattle—their permanent home.

Much of the appeal for residents there lies in a 10-year-old community known as the Issaquah Highlands. It's a 2,200-acre multigenerational “urban village” that clusters affordable two-to-three-bedroom townhomes with million-dollar-plus properties, apartments, public parks, hiking trails, shopping, and restaurants (and coming soon, the town's first hospital)—making it one of the most pedestrian-friendly developments in Washington State. (Issaquah is actually known as “Trailhead City.”)

But just as compelling as the network of meandering paths and child-safe streets of the

Highlands is the beauty of surrounding Tiger, Cougar, and Squak mountains, in which Issaquah is nestled. The elaborate trail system connects to this trio, enabling active residents to walk out their front door and find themselves in a permanently preserved forest in a matter of minutes. (For those seeking fitness indoors, downtown Issaquah offers seniors a community center with workout equipment and a six-lane lap pool for as little as \$2 a year.) Nearby Lake Sammamish provides boating, fishing, and kayaking, plus a selection of golf courses in the vicinity. And a 20-minute drive east on I-90 gets you to the Summit at Snoqualmie, one of the state's busiest ski areas.

The mountain views actually played a role in luring acclaimed Broadway director and lyricist Martin Charnin (“70-something”) and his wife, actress Shelly Burch, 49, to settle in Issaquah in 2004, when Charnin was launching the 30th-anniversary tour of *Annie* in Seattle. “What I do from a work standpoint could, theoretically, be done on a desert island,” says Charnin, a New Yorker who's written a number of iconic show tunes, including *Annie's* “Tomorrow.” “But I really love doing it in Issaquah. I'm surrounded by mountains and greenery and trees . . . it's the kind of clean most people only dream about.” Charnin, who occasionally directs at Issaquah's Village Theatre (one of the premier musical houses in the Pacific Northwest), continues his New York habit of hoofing it whenever he can. “The Target, the Home Depot, the drugstore, the spa . . . you can literally walk anywhere, all the while picking plums and pears off trees lining the main street.” ●



Issaquah, Wash.

Population
18,373

Median home price
\$479,975

January average
temperatures (high/low)
35/23

July temperatures
83/52



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