



ENTREPRENEURSHIP  
DEVELOPMENT  
**MANUAL** WITH  
PRE-RETIREMENT  
MODULES

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EDITED BY  
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Chapter Fourteen

## MANAGING A HEALTHY LIFESTYLE ON RETIREMENT

Prof. Egwari, Louis Osayenum

**M**ore often, retirement connotes disengagement from service that provides regular income; in this case monthly income as working in a government establishment or corporate organization. Retirement may therefore be voluntary or compulsory, in the latter after the employee has served for a maximum number of years or has attained a statutory age for disengagement. This time may approach so suddenly that many have seemingly been caught unaware. The consequence is the hardship that comes following ill preparation or none to confront life after this routine and structured phase of life. The experience in most cases has been agonizing leaving even those that have occupied enviable position in poverty and leading a life of dejection. The frustration and hopelessness this later and unprepared phase of life ushers in is the cause of death in a large percentage of retirees. The scripture reiterate this in Luke 19: 44 where Jesus laments over Jerusalem for not knowing the time of her visitation.

It is important to note that it is not lack of money that kills at old age; it is lack of active engagement.

Since the essence of this book is empowerment for gainful and healthy living on retirement, I will narrow this chapter to address practical vocation that will make life more fulfilling. I will however

point out that for those that have attained a good old age as 70 years above or those that are in their sixties and have not initiated a retirement plan this is for you.

The three power strokes for healthy and joyful life at retirement are; adequate rest, supervisory engagement and recreation. And in all these, your best companion is Jesus; a sweet fellowship with the Holy Spirit and the brethren. Now, let me quickly expound the power strokes for clarity:

**Adequate rest:** Rest is good for sustainable health. A well balanced rest and diet will guarantee significantly a healthy, long life. Therefore you are not expected to choose vocation at this stage that is energy exhausting both mentally and physically for example transportation business.

**Supervisory role:** The vocation or business should be such that your role in it will be more supervisory than executive. You may want to call it executive supervisor. That is you allow adequately trained personnel to run the outfit while you oversee. This is irrespective of the magnitude of the business. What I am saying is don't be tempted to do the running around. You must delegate if you want to satisfy the first (adequate rest) and the next (recreation).

**Recreation:** This is very essential and mandatory and many of us have missed out. Don't misconstrue this for recreation time can be in the house of God serving God. Well it is a golden opportunity to pay back all the many hours and year's civil service has robbed you of service to God. More importantly, this form of recreation is rewarding because it makes God the CEO of your new vocation and life in Him. I will now return to the vocation:

### **Growing annual and short-season perennial crops:**

I recommend green leafy vegetables, fruits and maize. Fruits to be considered are pawpaw, eggplant (garden egg) and banana or plantain. You can also consider fruits and vegetables and even root crops around you such as carrot if they grow well in your locality. You may not have to grow them all. Your choice may depend on the available arable land. Since I am not an advocate of sales of raw agricultural produce, I will tell you what to do with the harvest. That is while I say you do not have to grow them all. One or two may suffice while you source the others from the market.

### **The multiplied bread and two fish**

I am asking you to feed the people, minister to their hunger and thirst. Processed food business is the game plan. Why do you have to cultivate? 1. It provides the raw materials for the business at affordable cost. The excess can be sold as fresh produce 2. It creates an avenue to meet with nature, to meditate and to breathe in carbon monoxide free air. You can have picnic to the farm 3. Being in the farm from time to time keeps you alert mentally and physically. You will be able to alternate your routine from the farm to the factory.

### **What is this factory?**

Set up a kitchen. You know the fast food joints, they are all kitchens. They serve eat in or take away. More importantly, they serve their own recipe. Develop yours and see the patronage. You can serve from local diet to exotic fruit mix, vegetables and the likes. During season of maize you can spice up any meal with maize. You can even have maize starters or maize dessert. You may have fresh fruit juice and mixed fruit juice served. In the process, you will be serving take-away which will eventually evolve

to processed registered foods sold in supermarkets. It is an open ended business to explore; your imagination and the organization of your kitchen will be your selling point.

### **Breeding livestock**

Livestock I will recommend are poultry, snail and rabbit management. You will need adequate knowledge of the livestock you want to keep. Salient facts you have to consider include:

1. Disease susceptibility, prevention and control
2. Marketability of livestock
3. Life cycle and reproduction rate
4. Market value
5. Capital outlay

This chapter will however focus on Rabbit. Rabbits are raised mainly for meat and for the skin. The skin is used in making fur garments, toys and in glue production. Rabbit meat per 100g is rich in protein (20.8%), fat (10.2%) and water (67.9%) comparable to values for chicken and turkey and higher than those of beef, lamb and pork.

Rabbits are highly prolific animals. The age at puberty depends on breed but varies from 4 to 12 months. The mating ratio is 1 buck (male) to 2-5 does (females). The smaller breeds mature sexually earlier than the heavier ones. The small Polish breed can be bred at 4 months of age, medium New Zealand White at 6-7 months, and heavy Flemish at 9-12 months of age. However, it is important to keep rabbit healthy and well fed. Recommended size for breeding is 2.0kg live weight.

There are a number of breeds you can choose from depending on your desire. The Table below summarizes the characteristics of



the various breeds.

Breeds	Weight at maturity (kg)	Kittens per doe per year	Body colour
California	3.6-5.0	48	White with black in the nose, ear, feet and tail
New Zealand	4.1-5.4	50	White, red, or black
American Chinchilla	4.1-5.5	38	Surface fur gray, under deep blue-grey, belly white
Champagne	4.1-5.4	40	Under fur dark, slate blue, white or silver
Argent	4.1-5.4	40	
English spot	5.9-7.3	36	White with black, blue or chocolate spots
Flemish giant	3.5-4.5	50/60	
Simonoire (hybrid)	2.5-3.5	45/48	Light gray, sandy, blue or white
Dutch	5.54	36	Black
Lop			Lack, with belted white Light brown

From: Aduku A. O. and Olukosi J. O 1990 (Rabbit Management in the Tropics: Production, Processing, Utilization, Marketing, Economics, Practical Training, Research and Future Prospects)  
For further information on raising and maintaining rabbits, cost implications, and market value, consult the text by Aduku and Olukosi 1990).

As I have emphasized earlier, the onus is not to produce primarily to market the live products. The key is innovation. So how does this play out. See your small livestock farm as the source of protein for your kitchen. That is the message in this chapter. Keep a Kitchen but maintain a raw material base. The secret is starting small and grow the business as you acquire more knowledge and technical know-how. Do not look at the mountain; see the glory that comes when you ascend the mountain. Good luck as you venture into a most profiting and fulfilling life. God bless you.