



Healthy Habits to Help You Go the Distance

Personal Health:

Follow these tips for a long and healthy life.

- Get regular physical exercise
- Maintain a steady weight
- Don't smoke, and drink alcohol and caffeine in moderation
- Limit your intake of red meat and other foods high in saturated fat
- Get enough sleep
- Exercise your brain every day with books, puzzles and games

Financial Health:

These best practices will keep your finances healthy throughout your life.

- Set clear financial goals
- Work towards them diligently
- Pay off your debt
- Live within your means
- Save steadily, invest wisely—stay invested and diversified
- Conduct annual financial check-ups
- Play it safe—Don't withdraw too much too soon in retirement

Follow these rules to limit longevity risk (the risk that you'll outlive your money).