

INVEST IN YOUR HEALTH.



Retirement planning is usually focused on 401(k)s and other financial investments. But what about planning for your future health? Investing in your health today can deliver big returns in the future, like living a longer, happier life. Are you ready to invest in your health?

INVEST IN	WAYS TO INVEST	YOUR RETURN
Regular exercise	<ul style="list-style-type: none"> • Walking • Yoga • Weight training • Water aerobics • Biking 	<ul style="list-style-type: none"> • Helps prevent osteoporosis • Can improve heart health • May help lower cholesterol • May prevent Alzheimer's and dementia • Can help lessen anxiety and depression
Healthy eating	<ul style="list-style-type: none"> • 1200 mg of calcium per day (if you're 50 or older) • Vitamin D to help absorb calcium • A low-fat, high-fiber diet • Less high-fat meat and dairy • More fish rich in Omega-3 fatty acids 	<ul style="list-style-type: none"> • Helps prevent osteoporosis • May help prevent some cancers • Can improve heart health • May help lower cholesterol • Can reduce risk of type 2 diabetes • Helps keep memory sharp
Cancer screenings	<ul style="list-style-type: none"> • Colonoscopy • Mammogram • Yearly well-visit with your primary care doctor 	<ul style="list-style-type: none"> • Prevent or detect colorectal, breast, lung, skin and prostate cancers
Memory and mental health	<ul style="list-style-type: none"> • Stay connected to family and friends • Do daily puzzles, like the crossword or Sudoku • Sign up for classes to learn new skills • Take on a new assignment at work 	<ul style="list-style-type: none"> • Helps prevent Alzheimer's and dementia • Can help lessen anxiety and depression • Helps keep memory sharp

GO YOU[®]



This is intended to be general health information. It's not medical advice or services. See your doctor or health care professional for medical advice and questions related to your health. Also, let your doctor know before you start any new diet or exercise program.

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