

## Financial Fitness



### Greetings Friends...

#### It's Swimsuit Season, are your Finances Physically Fit?

Blood, sweat, and tears. O.K., maybe not the last part, but for anyone who's made it a goal to get in shape, these words can often come into play when you're kicking off a new exercise regimen. But what about if you've made it your goal to finally get your *finances* in shape? Well, it turns out that becoming physically and financially fit are actually complementary goals- at least according to a study out of Washington University.

Researchers found that people who adequately planned for their financial futures by contributing to a 401(K) plan were more likely to take care of themselves physically than those who didn't- and they were healthier overall, to boot. In making sound decisions when it came to their money and their body, people showed that they were willing and dedicated to making a long-term investment... in *themselves*.

Of course, whether you're endeavoring to shed 20 pounds or save \$20,000 for a down payment on a home, you can't reach healthy results without some serious elbow grease- and the right mindset. So read "Our Two Cents" for the skinny on how to keep your finances on the road to success.

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### Check Your Calendars....

Be on the lookout for our first ever 'Family Portrait Day,' coming in September. We're in the final stages of putting together this day and you will be able to make reservations soon. These are 20 minute mini sessions, and a great way for you and your family to come out and create a lasting memory beyond finances and get a family portrait on us, by photographer, [Maria Frank!](#)

And don't forget those who are asking questions about Social Security. We are specialists in Social Security income planning and hold free workshops every month. Head over to our [Social Security](#) page to find out more information and upcoming [events](#).

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### Our Two Cents



#### 10 Tips for Financial Fitness

1. Start with a Plan
2. Set Small, Manageable Goals
3. Anticipate Slip-ups
4. Free Tools Can Help.
5. Get an Accountability Partner
6. Take Drastic Measures to Resist Temptation
7. Order a Credit Report
8. Focus on Long Term
9. A Financial Planner Can Help
10. Success Brings Unmatched Freedom



#### Get YOUR Financial Fitness Check-up

Check out our [Economic Review Letter](#) for Updated Info on the Markets to keep more informed. Jason's mission is to continue to provide **Clarity** to those he serves so they can continue their journey with confidence knowing what they have and more importantly why they have it. Whether it's Retirement Strategies, Group Benefits, Life Insurance, Investment and Business Strategies, or just simply reviewing your financial situation, Clarus is there to help. So, schedule your visit, by calling our office, **618-398-6861**.

Jason A. Stroede

