



## getFIT: A Workout Worth Doing

An increase in your contribution is a great way to give your retirement a boost.

A plan can make financial security a reality. You know you need a routine to stay healthy; in the same way, you can develop a financial fitness plan.

### Start with something simple

Small increases to your contribution can add up to **big savings**.



**\$5**  
Lottery Ticket  $\times 7 =$  **\$35**  
per month

Savings Accumulated		
20 years	30 years	40 years

\$11,468	\$20,305	\$32,181
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**\$4.95**  
Specialty Coffee  $\times 30 =$  **\$150**  
per month

\$49,149	\$87,021	\$137,918
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**\$10**  
Take-Out Lunch  $\times 20 =$  **\$200**  
per month

\$65,532	\$116,028	\$183,890
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All figures assume a 3% annual rate of return compounded monthly and do not include any matching contributions made by an employer which are available in some qualified retirement plans. This is a hypothetical example for illustrative purpose only - not representative of any particular investment.

### The steps are easy, simply...

1. Calculate how much you need to save.  
Visit [NationalLife.com/Financial-Calculators-How-Much-for-Retirement](https://www.nationallife.com/Financial-Calculators-How-Much-for-Retirement)
2. Update your salary reduction agreement with your Employer.
3. Contact your financial advisor or National Life Group with questions at 800-732-8939.

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a **Financially Independent**  
**Tomorrow.**

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