



National Life  
Group®




**getFIT**  
with National Life Group.

## getFIT: A Workout Worth Doing

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

	Contributions Accumulated		
	20 years	30 years	40 years
 <b>\$5</b> Lottery Ticket <b>x 7 =</b> <b>\$35</b> per month	\$11,468	\$20,305	\$32,181
 <b>\$4.95</b> Coffee <b>x 30 =</b> <b>\$150</b> per month	\$49,149	\$87,021	\$137,918
 <b>\$10</b> Take-Out <b>x 20 =</b> <b>\$200</b> per month	\$65,532	\$116,028	\$183,890

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. Actual results will vary.

### Energize Your Savings Today.

Make routine saving a healthy habit. **Big savings start small.**

Products issued by

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