



GET

FINANCIALLY FIT

Reduce your debt!

Did you know the average
Canadian household debt is
150% of income!!!!

Use credit wisely and save for
major purchases rather than incur
the interest when paying on
credit!

Plan for the unexpected!

Do you have wills/powers of
attorney in order?
Life/Disability/Critical Illness
insurance?

4-6 months of living expenses
in an emergency fund?

Are you saving?

Taking full advantage of your company RRSP?
Contributing regularly to an RESP for your children?
Have you opened a tax-free savings account (TFSA)?

\$

**Financial Freedom does not mean being “RICH”!
People of all income levels can achieve financial freedom by
saving, planning appropriately and being committed!**

Employee Wellness
Solutions Network

Nutrition | Balanced Lifestyle | Fitness