



Investing for retirement
is a marathon, so take it
one mile at a time.

This week's workout:

Save and Invest for Your Future

- The road to retirement is paved with consistent saving, wise investments, and financial discipline...kind of like running a marathon.
- Making small efforts to save today — combined with the power of compound interest — can make a big difference when you cross the finish line at retirement.
- But it's up to you to take the first step.



Mile 1

Set a consistent pace by saving or investing 10%-15% of your pretax pay for retirement.

Mile 2

Accelerate your investment returns through the power of compound interest.



Mile 3

Power up your retirement contributions when it's easier - after promotions, pay increases or when you've paid off a debt.

Mile 4

Run your own race.


In addition to saving in an employer retirement plan, go the extra mile and consider individual retirement accounts.



Join us for 7 Wallet Workouts

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