

PHYSICAL FITNESS

Staying Active For A Healthier, Happier Life

	YES	NO
1 Do you have a regular exercise routine tailored to your age and physical condition?	<input type="checkbox"/>	<input type="checkbox"/>
2 Have you consulted with a healthcare professional about the best types of physical activity for you?	<input type="checkbox"/>	<input type="checkbox"/>
3 Are you familiar with the local facilities and resources available for physical fitness?	<input type="checkbox"/>	<input type="checkbox"/>
4 Do you incorporate a mix of cardio, strength, flexibility, and balance exercises into your routine?	<input type="checkbox"/>	<input type="checkbox"/>
5 Do you set realistic fitness goals and monitor your progress towards them?	<input type="checkbox"/>	<input type="checkbox"/>
6 Are you aware of and do you practice proper techniques to prevent injuries during exercise?	<input type="checkbox"/>	<input type="checkbox"/>
7 Do you have a workout buddy or belong to a group that keeps you motivated?	<input type="checkbox"/>	<input type="checkbox"/>
8 Do you adjust your fitness plan based on changes in your physical condition or lifestyle?	<input type="checkbox"/>	<input type="checkbox"/>
9 Do you participate in physical activities that you enjoy and look forward to doing?	<input type="checkbox"/>	<input type="checkbox"/>
10 Are you committed to maintaining physical activity as a key component of your retirement lifestyle?	<input type="checkbox"/>	<input type="checkbox"/>

QUESTIONS? CONTACT YOUR FINANCIAL ADVISOR



THE CENTER FOR
RETIREMENT READINESS

What Your Answers Might Mean:



7–10 Yes Answers: Excellent Preparation for Physical Fitness. You have a strong, balanced approach to maintaining your physical health, which is crucial for your overall well-being in retirement.



4–6 Yes Answers: On Track with Room for Improvement. You're generally well set up but might benefit from refining your routines or exploring new activities to enhance your physical fitness.



0–3 Yes Answers: Increased Focus Needed. It's important to prioritize your physical health to improve quality of life and independence. Consider consulting professionals to develop a safe and effective fitness plan.