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7 Ways to Stay in Shape for an Early Retirement



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Whether you're a pro athlete or a regular Joe, retiring takes careful planning. Here's how to have a Hall of Fame retirement:

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Golf is a go-to, but anything from tennis to swimming is a great way to keep sharp and take on new challenges in retirement.



RECONNECT WITH OLD FRIENDS.

Nothing beats a reunion with your old teammates. Retirement is your opportunity to spend more quality time with friends and family you might not get to see often.



GET A HOMEFIELD ADVANTAGE.

Find a home that supports your passions, whether you're near a



2

TAKE CARE OF YOURSELF.

Don't spend your retirement on the injured list—make healthy changes to your lifestyle, start an exercise routine and add nutritious foods into your daily diet.

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GET ON THE SAME PAGE AS YOUR PARTNER.

Remember, you're playing doubles. Talk to your spouse about your shared goals for the future and your vision for retirement. Look for compromises that will keep you both happy.

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smaller home.

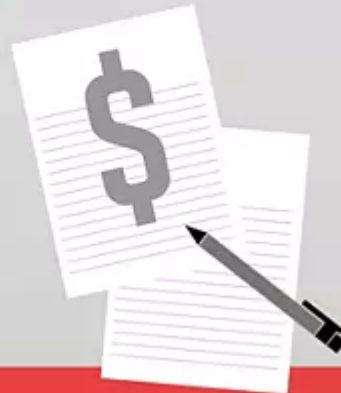


GET SOME #GOALS.

You've finally got the free time to dream big, from once-in-a-lifetime vacations to shaving strokes off your golf game to seeing every ballpark in America.

MAKE A FINANCIAL PLAN.

You can't win a championship without a great coach. Sit down with a Certified Financial Planner™ to discuss your retirement goals and learn the best way to achieve them all.



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