



10 tips to help you strengthen your *well-being*

You're working hard to afford the things you want to do and see, but money isn't the only thing you need to enjoy life. You also have to have good cognitive, physical, and emotional health. Make sure you're giving your well-being the attention it deserves. Here are a few ideas to consider.

Physical fitness

1 Create a fitness routine

"I don't have time" is one of the most common excuses for not exercising. Find a day and time that work best for you and block it on your calendar. You're more likely to follow through if you treat your workout like an appointment. Of course, before starting any exercise routine, you'll want to check with your doctor.

2 Review your employee benefits

Some employers offer discounts to local gyms to encourage physical fitness. They may also offer incentives, such as a reward program, for completing fitness activities.

3 Look for ways to add movement to your day

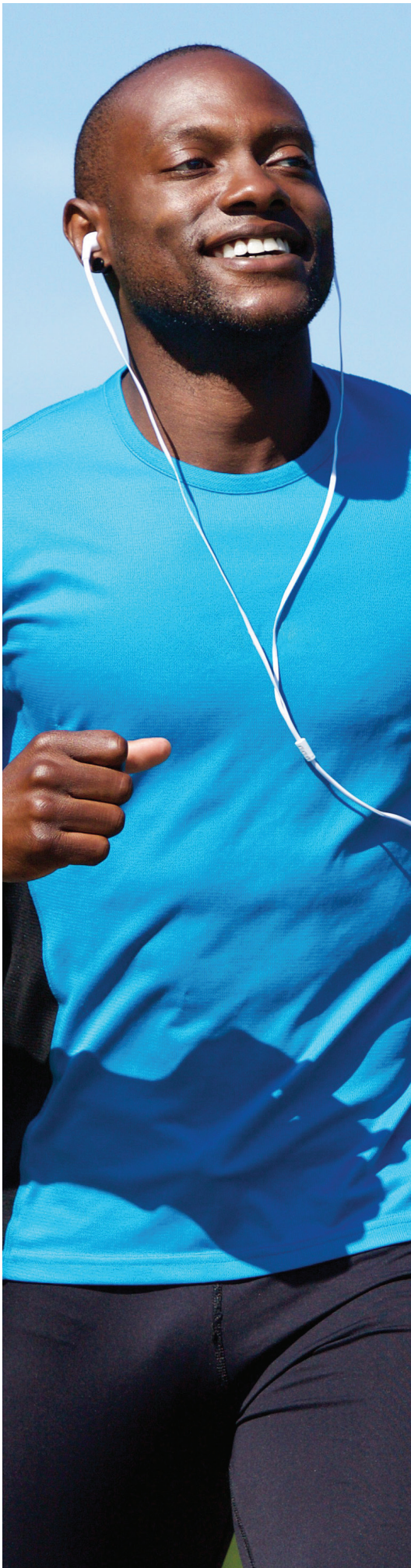
Sitting for extended periods can have a negative effect on your health over time. That's why it's important to add movement to your day, whether it's simply standing up at your desk, refilling your water bottle, or walking over to a colleague's desk. Consider setting a reminder on your phone to stretch every half hour.

4 Take a daily walk

Walking is the hat trick of well-being. It's a great cardiovascular activity that can also help ease stress—and deepen relationships if you do it with a friend or family member.

5 Visit your doctor and dentist regularly

Checkups are one of the keys to good physical health. They help your doctor and dentist identify minor issues before they become major ones.



Cognitive fitness

6 Exercise your brain

Like other parts of your body, your brain needs regular exercise to help it stay strong. Besides work, reading and puzzles—both word and jigsaw—are great ways to give your brain a daily workout. Others include learning a new skill, hobby, or language and pursuing new interests.

7 Check out your local library and community center

Many host free and low-cost events and offer a wide range of classes and trips. These activities can be a great way to learn and experience new things.

Emotional fitness

8 Volunteer in your community

Helping others can help you feel good about yourself, and you can meet people who share your beliefs and interests.

9 Join a social club or sports league

Being part of a group can make your hobby even more fun. Check to see if there's a club for yours in your area. If there isn't, consider starting one.

10 Consider reducing your electronic usage

Electronic devices make it easy for us to do our jobs, manage our to-do lists, and stay connected. But spending too much time connected, especially with social media, can take a toll on our emotional health. Consider setting some parameters, such as no phones at dinner, no electronics an hour before bed, and time limits for certain apps.

Take time today to focus on your well-being to help you become the best version of you. Your current and future self will thank you.



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