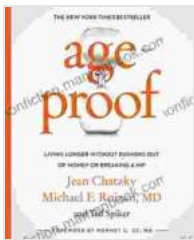


Living Longer Without Running Out of Money or Breaking a Hip

As we age, it's important to think about how we're going to live longer and healthier lives. One of the biggest concerns for seniors is running out of money. According to a study by the Employee Benefit Research Institute, 40% of Americans over the age of 65 are at risk of running out of money in retirement. And, as we all know, breaking a hip can be a devastating injury for seniors. It can lead to loss of mobility, pain, and even death.



AgeProof: Living Longer Without Running Out of Money or Breaking a Hip by Jean Chatzky

★★★★☆ 4.1 out of 5

Language : English
File size : 2187 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 323 pages



But there are steps we can take to reduce our risk of running out of money and breaking a hip. Here are a few tips:

1. Save for retirement early and often.

The earlier you start saving for retirement, the more time your money has to grow. Even if you can only save a small amount each month, it will add

up over time. And, if you're fortunate enough to get a raise, be sure to put some of that extra money into your retirement savings.

2. Make smart investment decisions.

Once you have money saved for retirement, it's important to make smart investment decisions. You'll want to choose investments that have the potential to grow over time, but you also don't want to take on too much risk. A financial advisor can help you create a diversified portfolio that meets your individual needs.

3. Consider working part-time in retirement.

If you're worried about running out of money in retirement, consider working part-time. This can help you supplement your income and reduce the amount you need to withdraw from your savings. There are many different part-time jobs available, so you should be able to find something that fits your skills and interests.

4. Live a healthy lifestyle.

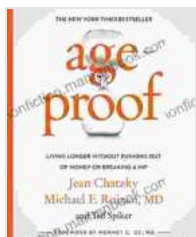
One of the best ways to reduce your risk of breaking a hip is to live a healthy lifestyle. This includes eating a healthy diet, getting regular exercise, and maintaining a healthy weight. Exercise is especially important for seniors, as it helps to improve balance and coordination. Tai chi and yoga are two great exercises for seniors that can help to improve balance and reduce the risk of falls.

5. Make your home safe.

You can also reduce your risk of breaking a hip by making your home safe. This includes removing tripping hazards, installing grab bars in the

bathroom, and making sure your floors are not slippery. You may also want to consider getting a medical alert system so that you can call for help in case of an emergency.

By following these tips, you can help to live longer, healthier, and more financially secure life.



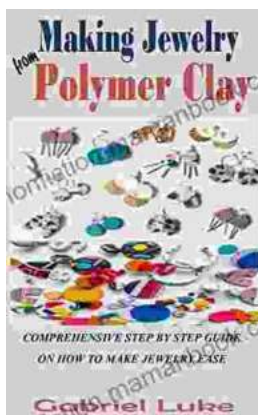
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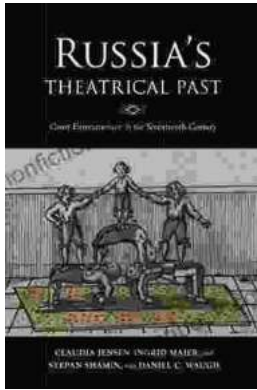
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