



- ✓ **Fit as a fiddle.**
- **Weak in the knees.**

**A long and healthy
retirement takes a
little effort.**



If you hope to be financially fit when you retire, now is the time to start training. And a great way to train is through your 401(k) plan. A steady regimen of regular contributions to the plan and proper diversification can help keep your savings in shape for the long term.



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