

You're unique and perfect. Let's make your retirement years healthy and happy. Are you ready to start?

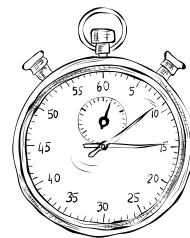
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Plan Your Time

- 1 Research your family tree.** There are many online sites that can help you if needed.
- 2 Write a bucket list.** See how many of the things you can do.
- 3 Begin a blog.** Once you decide on what you want to write about, you can blog just about anything at any time.
- 4 Remodel your home.** You'll be sure to discard a lot of clutter.
- 5 Revisit your hobbies.** You may find that you now have time to enjoy one or two once again.
- 6 Join a gym.** For the most benefit, an accountability partner is a good idea.