

# Live well with longevity in mind

Fifty years ago, 100-year-olds were few and far between. But the numbers have been steadily growing over the years.

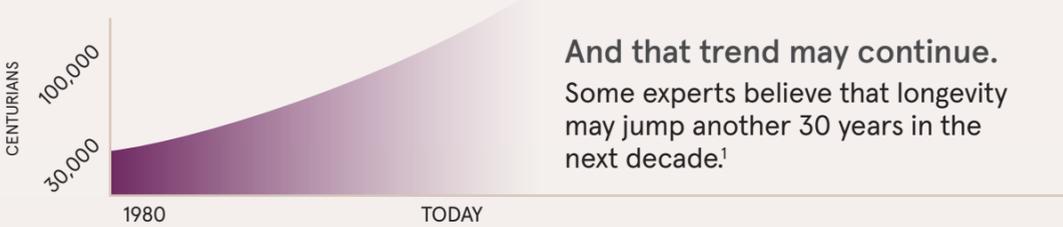


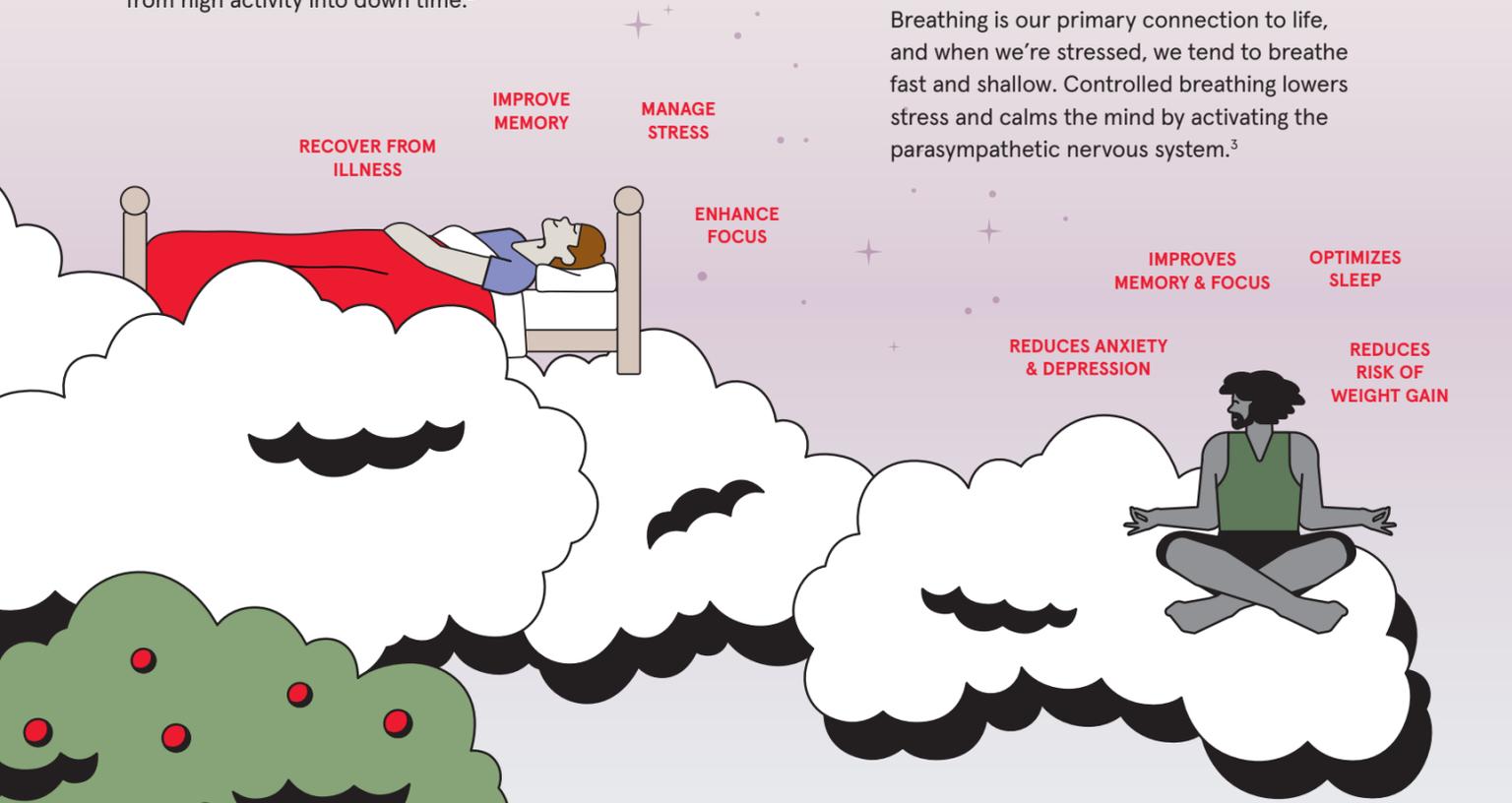
Chart source: Statista, "Centenarians are becoming more common," February 5, 2021.

And that trend may continue. Some experts believe that longevity may jump another 30 years in the next decade.<sup>1</sup>

## Discover the fundamentals to living well while living longer. And the benefits each provides.

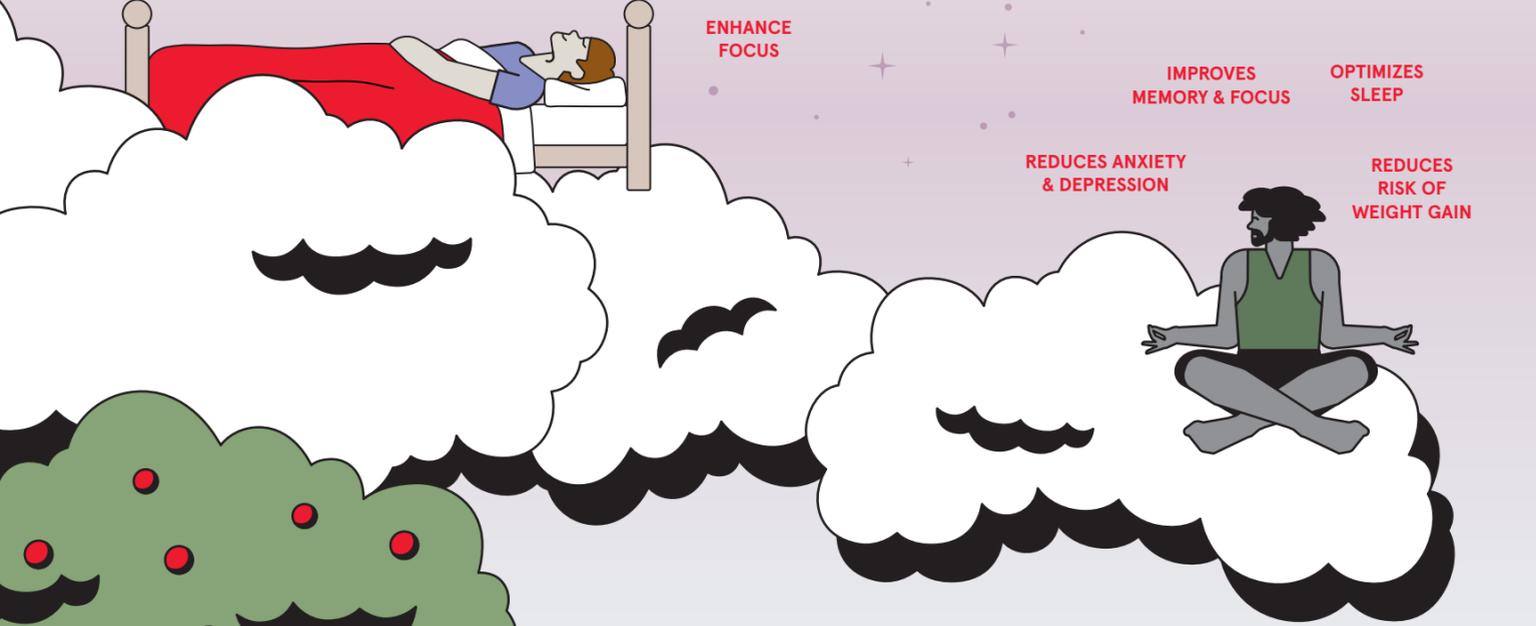
### Sleep

When preparing for sleep, imagine slowly landing a plane instead of crashing one. The brain needs quiet time before bed to destress and transition from high activity into down time.<sup>2</sup>



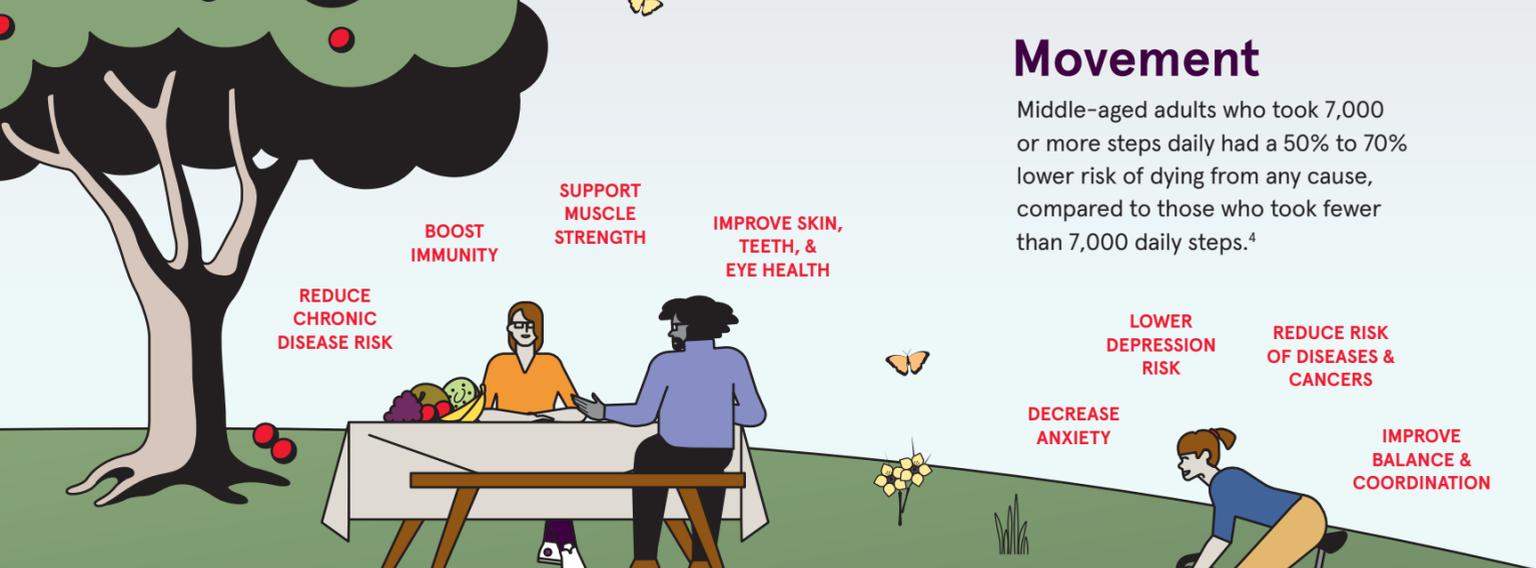
### Mental health

Breathing is our primary connection to life, and when we're stressed, we tend to breathe fast and shallow. Controlled breathing lowers stress and calms the mind by activating the parasympathetic nervous system.<sup>3</sup>



### Nutrition

The Mediterranean diet—which emphasizes eating less red meat, sugar, and saturated fat, and more fruits, vegetables, nuts, and whole grains—has been ranked the best overall diet by U.S. News & World Report for five consecutive years.<sup>5</sup>



### Movement

Middle-aged adults who took 7,000 or more steps daily had a 50% to 70% lower risk of dying from any cause, compared to those who took fewer than 7,000 daily steps.<sup>4</sup>



### Financial Health

Your financial health is often closely tied to your well-being in older age. That's because financial worry can often be a chronic stressor.<sup>6</sup>

Retirement products like annuities can help you seek relief from financial pressure in older age and pursue your retirement goals.

**Ask your financial professional how an annuity may help you live well in your retirement future.**

Annuities are long-term, tax-deferred vehicles designed for retirement. Variable annuities involve investment risks and may lose value. Earnings are taxable as ordinary income when distributed. Individuals may be subject to a 10% additional tax for withdrawals before age 59½ unless an exception to the tax is met.

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\* Tax deferral offers no additional value if an annuity is used to fund a qualified plan, such as a 401(k) or IRA. It also may not be available if the annuity is owned by a legal entity such as a corporation or certain types of trusts.

<sup>1</sup> Julie Blim, CBN, "Aging in the Future Never Looked Better," accessed September 30, 2022.

<sup>2</sup> Rise, "Wind-Down Time: The Key to Healthy, Natural Sleep," accessed October 2022.

<sup>3</sup> Cleveland Clinic, "How Box Breathing Can Help You Destress," August 17, 2021.

<sup>4</sup> Paluch et al., JAMA Network, Open, "Steps per Day and All-Cause Mortality in Middle-aged Adults in the Coronary Artery Risk Development in Young Adults Study," September 3, 2021.

<sup>5</sup> Scripps, "Mediterranean Diet Is Best Diet—Once Again," January 4, 2022.

<sup>6</sup> Purdue University News, "Mental well-being inherently connected to financial wellness," January 27, 2021.

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