



**6 Things Every Nutrition Professional Should Know About Achieving
Wealth, Wellbeing & Abundance**

From the soon to be released book by:

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1. *Outsource your financial management.*

If you already know how to successfully manage your finances, keep doing what you're doing. However, many of us get tripped up by "behavioral finance." Our emotions can cause us to behave against our own best interests. Finding an experienced Certified Financial Planner™ might be the right decision for you.

2. *You should establish and protect your own credit (and credit rating).*

In the event of divorce or the death of your spouse, you want to be ready by having already established your own credit and credit rating. If you have not established credit or if you have a low credit score, that can seriously inhibit and even prevent you from being able to buy certain things (such as a home, new car or expanding your nutrition consulting business).

3. *Don't be under- or over-insured. And don't pay too much for what you get.*

The total cost of insurance can creep up to become one of your largest expense categories. It can be difficult to get objective advice from insurance agents because their goal is to sell you insurance. Ask your financial planner to review your policies and your premiums.

4. *Put compound interest to work for you today.*

We all know that investments can grow over time. To help put that theory into practice, here's an example: if you invest \$1,000 today (just \$83 per month over one year) and achieve an average annual return of 6%, your investment will be worth \$2,000 in 12 years. Isn't that a powerful reason to start investing now?

5. *Get your estate documents done in a day.*

Do you have a health care and financial powers of attorney and living will prepared? Find out what documents you must have and a simple do-it-yourself way to get them done. Just ask your financial planner for the best on line do-it-yourself sites to use.

6. *It's not how much you make that counts. It's how much you keep.*

Most of us will pay taxes our entire lives. However, many people don't know the actual impact which taxes have on them. At WellFit Financial, we'll help you learn about basic strategies to minimize your taxes now and in the future (many of which you can implement in just one day).

Please visit us at www.wellfitfinancial.com to see when our new book will be available. While you're there, you can also see if we might be the right source for helping you to manage your financial needs. If you like what you see, we'd love to learn more about you and your goals and demonstrate how we can help.

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