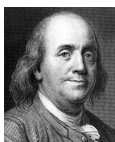


The Ten Commandments of Financial Health



1. **Take the time to learn** . . .As Ben Franklin once said, “An investment in knowledge pays the best interest.” Financial literacy (understanding credit, debt, saving, spending and having the ability to make informed and effective decisions about earning, managing and investing your money) is the key to your success!

2. **Time is your best friend** – start saving early for your retirement! Reap the magic of compounding interest! Your Teamsters defined benefit plan and social security are only two of the three legs of the stool that will financially support your retirement.



3. **Seek the help of trusted financial advisors** – We can't know it all, but we can reach out and learn from several that do know much more about finance than we do!

4. **Live within your means** – Formulate a budget for now and for your retirement. Manage your earnings effectively.



5. **Understand the concept of financial risk** – a high investment return usually means an investment with more risk. High return, “sure thing,” “slam dunk” investments are best filed in your financial waste can!

6. **Diversification is a good thing!** – Putting all of your eggs in one basket puts you in greater risk of losing everything.



7. **“It's not how much you make, but what you get to keep that counts!”** Keep your debt low and pay your bills on time. Credit card interest these days can run anywhere from 14% to 27%. Carrying credit card debt is no bargain!

8. **Your investment return is driven by how you have allocated your investable assets** – You'll earn far less by having everything in cash rather than allocating some to stocks, bonds, as well as to cash.



9. **Plan, plan, then plan again** – Life is full with ups and downs and change; your financial plans should change with them. What worked when you were 30, probably won't work when you're 65.

10. **“Better to invest in nothing rather than invest in something you don't understand!”**

Want to learn more? Check out these internet resources:

www.360financialliteracy.org – A fabulous web site sponsored by the American Institute of Certified Public Accountants.

www.mymoney.gov – The Federal Financial Literacy and Education Commission's comprehensive web site covering all areas of finance and financial literacy.

www.dol.gov/ebsa/publications/nearretirement.html - Published by the US Department of Labor's agency devoted to employee benefits.