



Multifaceted Investing: Finances, Health & Happiness



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Here at HFS Wealth Advisors, we strive to be a critical player on your financial team. We aim to help provide comfort and guidance through the ups and downs of building the life & legacy you aim for. However, investing applies to more than just financials. Similarly to investing in your financial health, it is important to invest in your physical health and happiness. These areas also require diligence and discipline akin to financial investment.

If you search online, there is no shortage of information out there about the benefits of investing in your health or finding hobbies that bring you joy. These lists usually include benefits such as:

- Increasing energy, productivity, or creativity
- Boost your resilience
- Extending a healthy lifespan

These all sound great! But where to begin?

1. The Physical Pillar: Your Body is Your Temple

- **Nourish Your Body:** Focus on whole, unprocessed foods. Think colorful fruits and vegetables, lean proteins, and healthy fats. Hydration is also key.
- **Move Your Body Daily:** Find activities you enjoy – walking, dancing, cycling, yoga. Consistency is more important than intensity. Aim for at least 30 minutes of moderate activity most days.
- **Prioritize Sleep:** This is non-negotiable. Quality sleep is when your body repairs and rejuvenates. Aim for 7-9 hours of uninterrupted sleep.



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2. The Joy & Passion Pillar: Rediscover Your Spark

- **Embrace Hobbies That Spark Joy:** Dedicate time to activities that genuinely make you happy and allow you to de-stress. Whether it's painting, gardening, playing an instrument, or hiking, these moments recharge your spirit.
- **Active Hobby Discovery:** Don't know what you love? Be curious! Try new classes, pick up an old interest, or explore community groups. The journey of finding new passions is an investment in itself.
- **Cultivate Positive Relationships:** Surround yourself with people who uplift and support you.
- **Learn and Grow:** Keep your mind stimulated. Read, learn a new skill, or create something

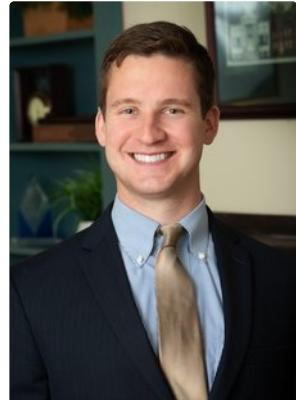
Prioritizing your health and happiness is a critical component of your financial journey. Much like building a robust financial portfolio, dedicating time and effort to your physical health is a crucial practice that can yield significant returns, including a potential reduction in future healthcare costs. These investments will help the likelihood that when your financial goals are met, you're able to sit in the shade of the trees you've planted along the way.

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