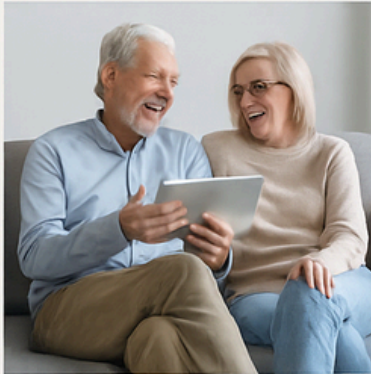
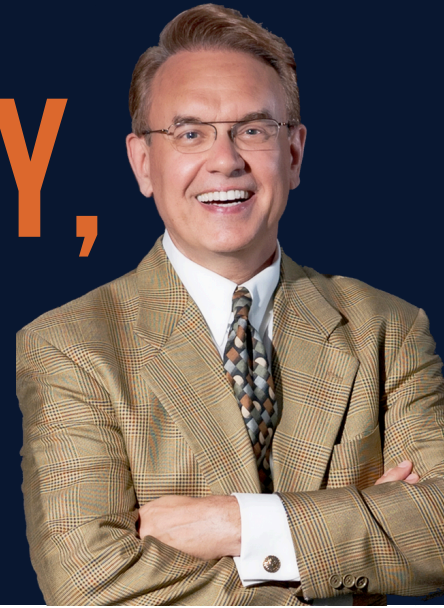


# TIPS FOR HOW TO BE HEALTHY, WEALTHY, AND WISE FROM DAVID MEINZ



Many work hard to have enough money to last in retirement, but don't focus on having good health to enjoy the money they have saved.

.....



Just as money compounds over time, so do the benefits of investing in your health.

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The biggest culprit in the decline of our overall health is ultra-processed foods - which are nearly everywhere.

.....



Commit to exercise with intention - 150 minutes of moderate exercise per week, or 75 minutes of intense exercise per week. It will make a positive difference in your life.

**Listen To Dr. Willie Jolley's  
Wealthy Ways Podcast Episode  
with David Mainz!**



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