

Create a Health Plan – Wrap Up

How might you affirm your commitment to eating right, exercising, socializing, choosing the right medical team? How might you give deeper thought to this key component of your *LifePlan*?

Wherever your choices lead you, it's important to be actively involved not only in your lifestyle, but also in choosing who you entrust with your health. Selecting the right professionals for your medical team will drastically improve your ability to maintain your quality of health.

Now, exercise those decision-making muscles and be sure to record your final decisions in the *LifePlan* Blueprint section of this series. Remember, you don't have to make all these changes at once. Make them gradually and include more as you improve your routine. If contemplating the many aspects of health care leaves you feeling a little queasy, trust that the best prescription for peace of mind and a successful retirement is built on a foundation of strength: your Health Pillar and a coordinated *LifePlan*.