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Caring for Our Greatest Asset—Our Health

☪ Nutrition is king, fitness and exercise are queen, and when you combine them together, you have a kingdom. ☪

—Will Morales, personal trainer

Financial Freedom Framework

Without our health, we can't do much. Planning to take care of ourselves by eating the right things, getting enough sleep, and working out are just as critical as going to the doctor and making sure we have the right health insurance coverage.

HEALTH IS ONE of our most important assets. Our health allows us to chase our goals, dreams, and aspirations. Without health, we often end up with very little.

I've seen two people live their lives, saving for retirement. The first took good care of their health and didn't save very much. The