

Getting PHYSICALLY & FISCALLY FIT for 2016

How much weight do Americans put on getting physically and financially fit?

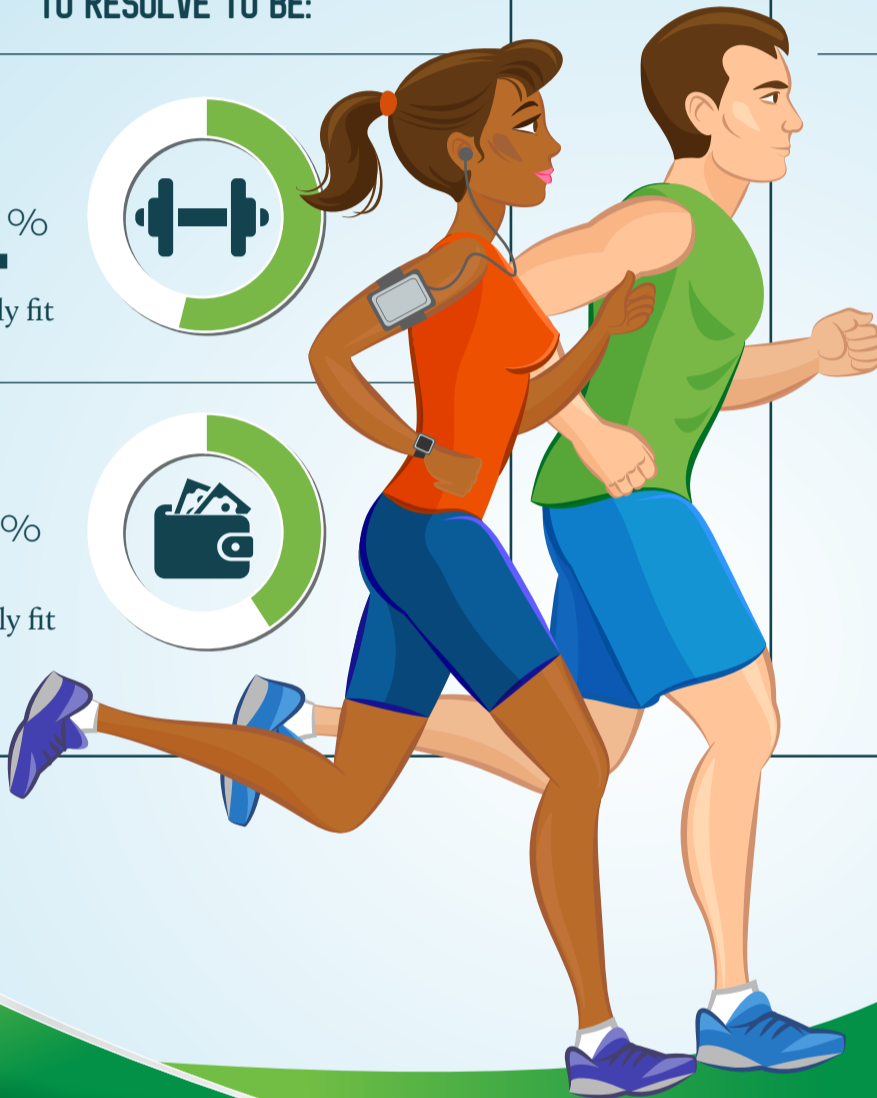
Fidelity's 7th annual New Year Financial Resolutions Study found:

AMERICANS ARE MOST LIKELY TO RESOLVE TO BE:

54%
physically fit



41%
financially fit



AND SAY IT'S HARDEST TO MAKE THESE RESOLUTIONS STICK

27%
losing weight

21%
quitting smoking

17%
financial resolutions, like ditching debt and curbing spending

15%
exercising regularly

ON THE ROAD TO FINANCIAL WELLNESS

Still, a majority of Americans agree: getting in shape today can save you big bucks later in life.

87%



plan to get fit to cut health care costs down the road.

Keeping financial resolutions is an endurance sport.
For tips to go the extra mile, get started here:
fidelity.com/resolutions

About the New Year Financial Resolutions Study

This study presents the findings of a telephone survey conducted among two national probability samples, consisting of 2,013 adults, 18 years of age and older. Interviewing for this CARAVAN® Survey was completed on October 15-25, 2015 by ORC International, which is not affiliated with Fidelity Investments. The results of this survey may not be representative of all adults meeting the same criteria as those surveyed for this study. For more information on Fidelity's New Year Financial Resolutions Study, an [executive summary](#) can be found on Fidelity.com.

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