**Ready, steady ... SAVE**

Saving is something we care a lot about at Vitality. It’s one of the five key behaviours that help to build financial wellbeing and resilience for a healthier, wealthier future.

*But, are we actually doing it?*

The golden rule of saving is that the sooner you start = the better. This is because one of the benefits of saving your money in a separate savings account or investment product is that your money earns interest. In other words: your money starts making more money!

The sooner you start, the more time your money has to grow and the better (and bigger) your wealth will be.

We are all at different stages in our savings journey. Some of us might have already started saving, while others are only just getting going.

**Here are 4 ways to START saving:**

1. **Set a savings goal:** Having a specific goal that you can work towards makes it easier to stay on track and to monitor your progress.
2. **Save regularly:** Consistency is key. Commit to putting money into your savings account every single month. Ideally this should be done at the start of the month or as soon as you get paid your salary.
3. **Save what you can:** Sometimes we think that to save we need to be putting away a lot of money, but that isn’t the case. Every little bit helps so save wherever you can and whatever you can.
4. **Save in a separate account:** Always put your savings into a separate bank account. That way it is separate from your day-to-day account and you can’t spend it as easily. You will also earn better interest rates when your money is in a dedicated saving account or investment product.

If you’ve already started saving, great! It’s important that you keep doing this and make it a healthy habit to grow your wealth.

**Here are 4 ways to KEEP saving:**

1. **Review your savings goal:** Over time, your savings goals may change. If this is the case, you might need to tweak the amount of money you are saving each month.
2. **Don’t withdraw your funds unless you must:** We may be tempted at the end of a tight month to take some money out of our savings account. Try to avoid this. Remember that the money in your savings account is earning interest and growing your wealth.
3. **Increase contributions when you can:** Try to increase the amount that you put away. Maybe you have stuck to your budget properly this month and have extra money left over, or you have just received a bonus or a pay increase. The best way to spend this extra money is to put it into savings. Your future self will thank you.
4. **Talk to a financial adviser:** Some savings goals are difficult to calculate and so the best way to work out how to make these goals happen is by chatting to an experienced and certified financial adviser.

*For more information about Vitality’s evidence-based approach that encourages and rewards members for healthier living, visit the* [*Vitality Global website*](https://www.vitalityglobal.com/)*.*