



# GET STARTED

YOUR MONEY  
YOUR LIFE



## THE OLYMPICS ISSUE



# THREE HEALTHY HABITS THAT'LL STRENGTHEN YOU & YOUR WALLET

This August, the world's best athletes will compete in the Summer Olympics. Whether it's gymnastics or BMX, the show of amazing skill is a great reminder to get healthy—physically and financially.

**CHECK OUT THESE THREE WAYS TO TAKE CARE OF YOURSELF WITHOUT PULLING A MONEY MUSCLE.**



### 1. PLAY IT AGAIN

Don't spend a ton of money on brand-new sports equipment and accessories. Second-hand stores and even eBay might have what you're looking for. The fact is a lot of people buy new equipment and sell it without ever using it.

### 2. SMART SNACKING

Junk food is hard to resist, but it's also wasteful, especially if you're training. Because it doesn't contain any nutrition, you have to keep buying more of it to stay full. Meanwhile, the sugar and calories make your workouts less effective.



### 3. LOOK GOOD FOR LESS

Hair and skin-care products can get really expensive. Before you buy a brand name, look for alternatives. You can also save by going to outlet stores, or buying in bulk and splitting the cost with friends.



# THREE SIGNS THAT YOU HAVE OLYMPIAN MONEY SKILLS

When it comes to earning and saving money, your track record may look more JV than Olympic. But here's a secret: mastering your finances is all about your mindset. You might be great with money if you have...

## DISCIPLINE

To be successful, Olympic athletes know they always have to train, even when they're not motivated; the same goes for saving money.

## FOCUS

Olympians succeed because they keep their eyes on the prize. Set savings goals, and be sure to remind yourself along the way why you're putting money away in the first place.

## CONFIDENCE

Even top athletes have shortcomings—but they don't dwell on them. Don't let a lack of money or setbacks get you down. Be confident in your financial goals, and pay yourself first every time you earn income.

**DON'T HAVE ALL OF THESE SKILLS YET? DON'T WORRY, YOU CAN ALWAYS LEARN!**



## SNAP YOUR WAY TO \$250

We want to see how much fun you can have this summer—without spending too much money. Send us a photo of your Summer Savings Fun AND YOU MAY WIN \$250!

Visit [www.ElementsOfMoney.com](http://www.ElementsOfMoney.com) for complete details.



# THE OLYMPICS COST HOW MUCH?

The 2016 Summer Olympics in Rio de Janeiro promises to be breathtaking, life-affirming... and expensive. Just how much money is spent (and earned) when hosting an international sporting event on a massive scale? Check it out:

## \$11.1 BILLION

Total budget split among Brazilian government and various parties.



## \$51 BILLION

Cost of the 2014 Winter Olympics in Russia, i.e., the most expensive Olympics ever!



## \$400 MILLION

Estimated sales of Olympic merchandise.



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