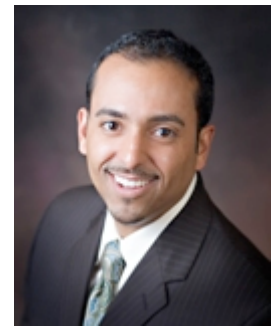


# Wise Money Newsletter

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HELPING RETIREES NAVIGATE TO AND THROUGH RETIREMENT



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## Interesting Facts:

-Napoleon made his battle plans in a sandbox

-The bulls-eye on a dartboard must be 5 feet 8 inches off the ground.

-Minus 40 degrees Celsius is exactly the same as minus 40 degrees Fahrenheit

-The correct response to the Irish greeting, "Top of the morning to you," is "and the rest of the day to yourself."

-The term Cop comes from Constable on Patrol, which is a term used in England.

-Iceland consumes more Coca-Cola per capita than any other nation.

## Tired Of Losing Money?

Now you can get stock market type returns without the stock market risks.

Plus, it offers tax deferred interest and tax free income at retirement.

Call Our Office Today for More Information!

## Saving Money

Millions of families made a New Year's resolution to save more money in 2016! But, how do we do it? Times are as tough as ever. We are all looking for ways to lower our bills to make paychecks last longer.

We want to help you to be successful. Saving money doesn't need to be painful! By learning a few simple tricks, you can save little bit here and there to amass the savings you want. Here are some simple money savings tips...

### 1. Always think in Percents.

Whenever comparing prices of two similar items, always view the price difference in Percent! So if the prices of two cans of vegetables are \$0.95 and \$1.00, and you buy the cheaper one... How much money did you save? \$.05! I thought I told you to think in percent? **You saved 5%!** Saving (\$.05) doesn't seem like much. However, when we think in percents, it makes us want to save. And every cent counts. For example, if you spend on average \$500 a month on food, going out, etc... And you save 5% on the full \$500 that's \$25 back in your pocket! Make it your little game to see how much you can save!

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## Top Ten Reasons To Set Up A Trust!

In a recent article, Attorney Stephan R. Leimberg points out the top ten reasons why people create a trust:

1. You feel your beneficiary is unwilling or unable to invest, manage, or handle the responsibility of a large, immediate, outright gift. Families with minor, handicapped, or merely financially or emotionally immature children or grandchildren should consider trusts.

2. You would like to postpone full transfer of ownership until your beneficiary is in a position to handle the property or income properly, or until you (or someone you name) are ready or able to part with it. For example, you may personally want to keep the income from a trust for a given number of years - or for your life - and then at the end of the term or at your death have the principle remaining go to one or more selected individuals or to a charity (*a charitable remainder trust*).

3. You want to spread the financial security of property among a number of individuals but the asset you have in mind (for instance, an apartment house or life insurance policy) does not lead itself to fragmentation.

4. You have particular dispositive plans in mind and control is essential. For example, you want to prevent your beneficiary (e.g. a son or daughter) from disposing of, or losing the family business or home to persons outside the family (e.g. through divorce or bankruptcy).

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*Are You Positioned To Capture The Stock Market Coming Upturn?  
...With Safety & Guarantees? Call now for your **FREE** report  
**Survival in a Volatile Market***

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### **Love Your Heart**

February is American Heart Month. Its purpose is to spread awareness to prevent heart-attacks and maintain healthy hearts. Here are some tips to make your ticker keep on ticking.

#### **-Let the music move you.**

It is no secret that being active is healthy for your heart. Dancing raises your heart rate, burns calories, and makes for a great heart-healthy workout. Plus it's fun!

#### **-Watch your blood pressure.**

People with high blood pressure are 4x more likely to suffer a heart attack or other heart disease. Talk to your doctor to check yours and ask for their assistance in lowering it if necessary.

#### **-Go Nuts.**

Almonds, walnuts, pecans and other tree nuts go a long way in maintaining a healthy heart. The fats they contain help lower bad cholesterol?

#### **-Walk it off.**

Next time you feel overwhelmed and stressed. Take a short walk. It will do wonders for clearing your head and lower your stress.

For more information about maintaining a healthy heart contact your doctor or visit the american heart associations website.

## **Saving Money**

### **2. Pay Yourself First.**

Let me ask you, if something happened, and your job cut your pay by 5%, or you had a new bill each month for that amount, would you be able to make it? Of course, right? You wouldn't have a choice. Then, treat yourself as a bill. If you wait to save 'whatever's left' at the end of the month, you'll never be able to save. Between our kids, splurges, and everything else, there is never enough left at the end of the month. If you are worried about running out of money, aren't you running out of money anyway? The trick is running out after you've paid yourself! You have to make saving a priority.

### **3. Make it automatic.**

Don't tempt yourself, or bother yourself with having to remember to do it. There is always an excuse not to save. Take the temptation out of your hands. Set up an automatic bank deposit, or payroll deduction.

### **4. Set Goals**

I know you keep hearing me talk about goals; it is only because I am a huge believer in them. They are so important because, how do you expect to hit a target you cannot see? Have some short term and some long term goals. They will help you stay on track and keep you motivated.

Saving money doesn't have to be painful, and doesn't have to come in one big chunk. Start now, start small and watch what it becomes.

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## **Top Ten Reasons To Set Up A Trust!**

5. You would like to protect the assets from the claims of your own creditors.
6. You want to treat your children or grandchildren equally - yet you own some property which may appreciate and some property which may fall in value. By placing both types of property in trust and giving all your children equal shares of that trust, you can equalize both benefits as well as the risks among them.
7. You want to avoid the mysterious and uncertain (and sometimes costly) process of probate.
8. You want to reduce the probability of a will contest or an "election" by a spouse to take a state-mandated portion of your estate (roughly 1/3) regardless of what your will provides. (This is called a surviving spouse's "right of election".)
9. You would like to all the details of your finances kept as private as legally possible.
10. You would like to relieve yourself of the burden of investing and managing property and would like to protect yourself in the event of a physical, emotional, or mental incapacity. (You may want a "step-up trust", a trust that steps up and takes over when you don't want to or can't manage property.

In summary, there are many options to think about when setting up a trust. For more information please contact my office today!