



Challenge Yourself to Save

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53%

cut back on food spending, such as in coffee shops and restaurants.



38%

cut back on discretionary spending, with 12% specifically mentioning Amazon avoidance.



8%

cut back on services like cable T.V.

We congratulate our challengers for making a healthy commitment to their financial futures!



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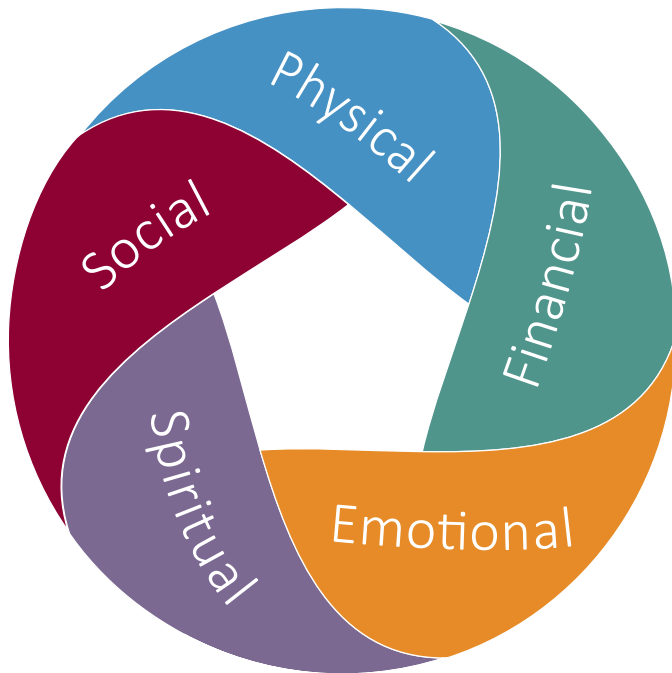
8%

cut back on services like cable T.V.

We congratulate anyone who makes an effort to improve their financial futures!

DIMENSIONS

CONNECTING ELEMENTS OF WELL-BEING



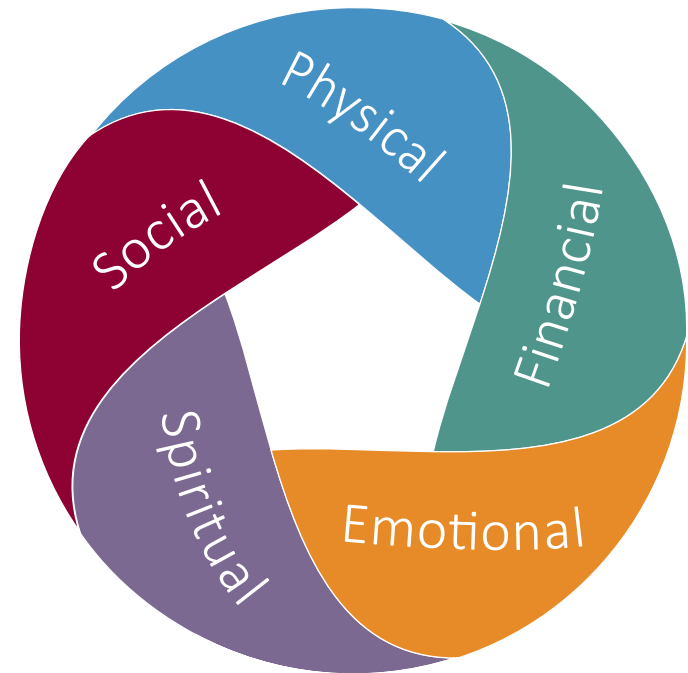
Find more health and well-being information at wspath.org/benefits.

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