

# THE PULSE

WELLBEING NEWS IN A MINUTE

## THIS MONTH'S FOCUS:

### EAT WELL TO SAVE WELL



## TRY THE 52-WEEK CHALLENGE

It's a money savings challenge where one increases their saving on a weekly basis and it starts with just \$1.

Stick with it for a year and you'll save \$1,378.



[Click here for the breakdown.](#)

## READS & SOUNDBITES



### Reads:

- **Clever Girl Finance: Ditch debt, save money and build real wealth** by Bola Sokunbi

### Soundbites:

- **Stacking Benjamins** - covers personal finance with a sense of humor

## SAVE MONEY BY EATING IN

Did you know? Saving \$3 a day on junk food can result in \$1,092 in annual savings!

Reduce the number of takeout meals by two can yield up to \$520 in savings!

Check out the [full study here.](#)

