

# Canadians are rebooting retirement

In May 2024, we surveyed 1,550 Canadian retirees and learned they're redefining retirement by prioritizing health, ongoing work, and financial stability.

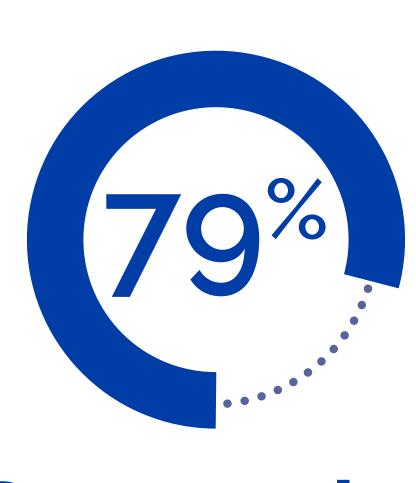
> What can we learn from the new generation of retirees?





## Happiness is key

70% of Canadian retirees are very or extremely happy, associating their happiness with financial and physical health



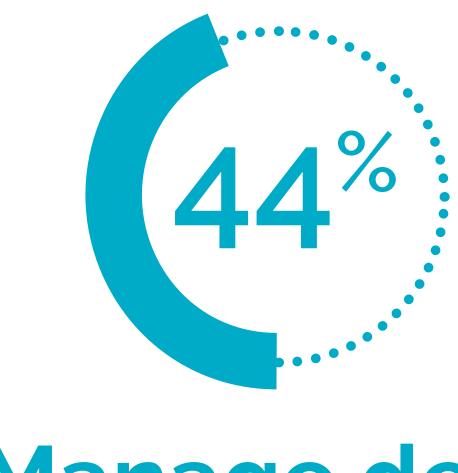
### Stay active

79% of retirees engage in physical activities at least weekly, with 42% doing so daily, linking satisfaction happy (87%)



### Work can be fulfilling

16% of retirees continue working, primarily part-time, citing emotional benefits (57%) and financial needs (31%)



### Manage debt

Only 44% of retirees are household debt-free, with many still managing car or mortgage payments



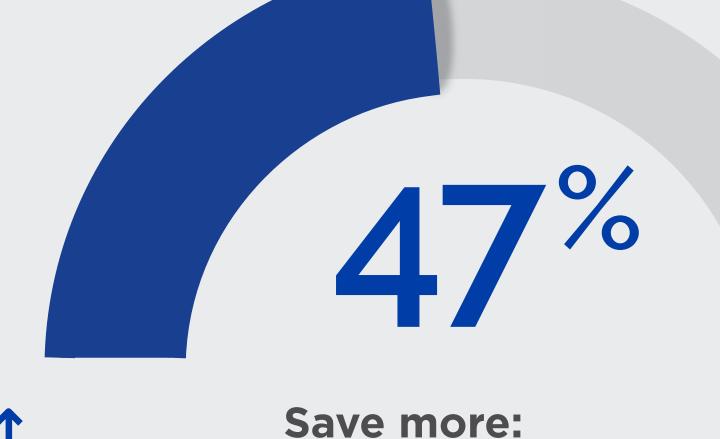
# Advice for planning for your retirement

Retirees advise prioritizing the following in order to set yourself up for retirement success.





sponsored plans: Get the most out of your plans





Saving more money is a crucial step towards financial stability





Consulting a financial advisor can provide personalized guidance for your retirement plan





Understanding Canada Pension Plan and Old Age Security benefits is essential for informed planning

#### Instead of living sedentary, inactive lifestyles, retirees are staying fit and socializing. There are four distinct stages of retirement:

Understanding the stages of retirement





working in some capacity, and are satisfied with their physical health.



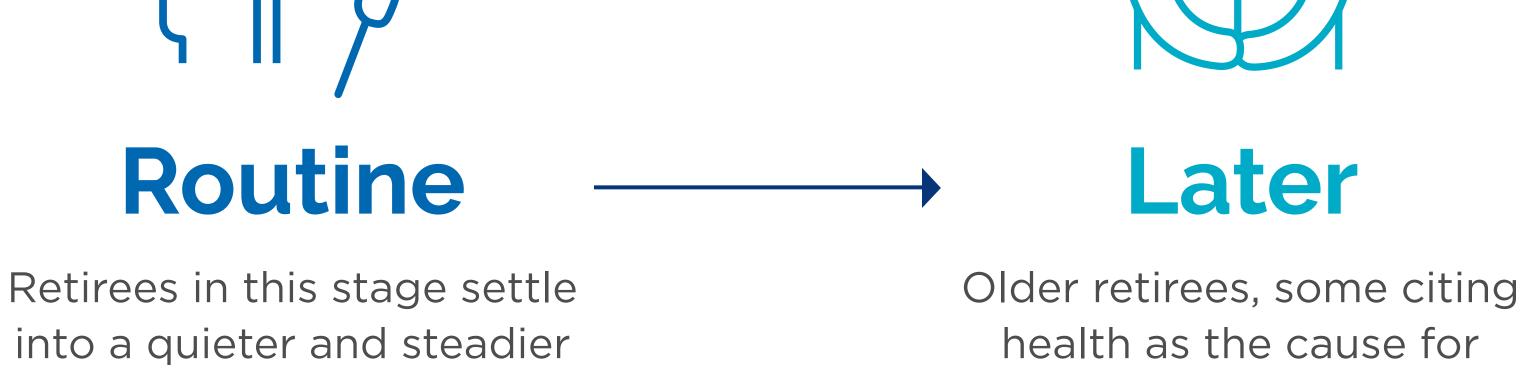
#### More affluent retirees, often retiring as planned, report high

levels of happiness (91%) and satisfaction with their physical and mental health.



Routine

into a quieter and steadier lifestyle, spend less money and experience an unexpected decline in travelling.



retirement (41%), report increased loneliness, reduced travel, and lower financial health satisfaction.

Source:

By understanding these trends and planning accordingly,

you can enjoy a happy and fulfilling retirement.

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benefits, group retirement and human resource solutions.