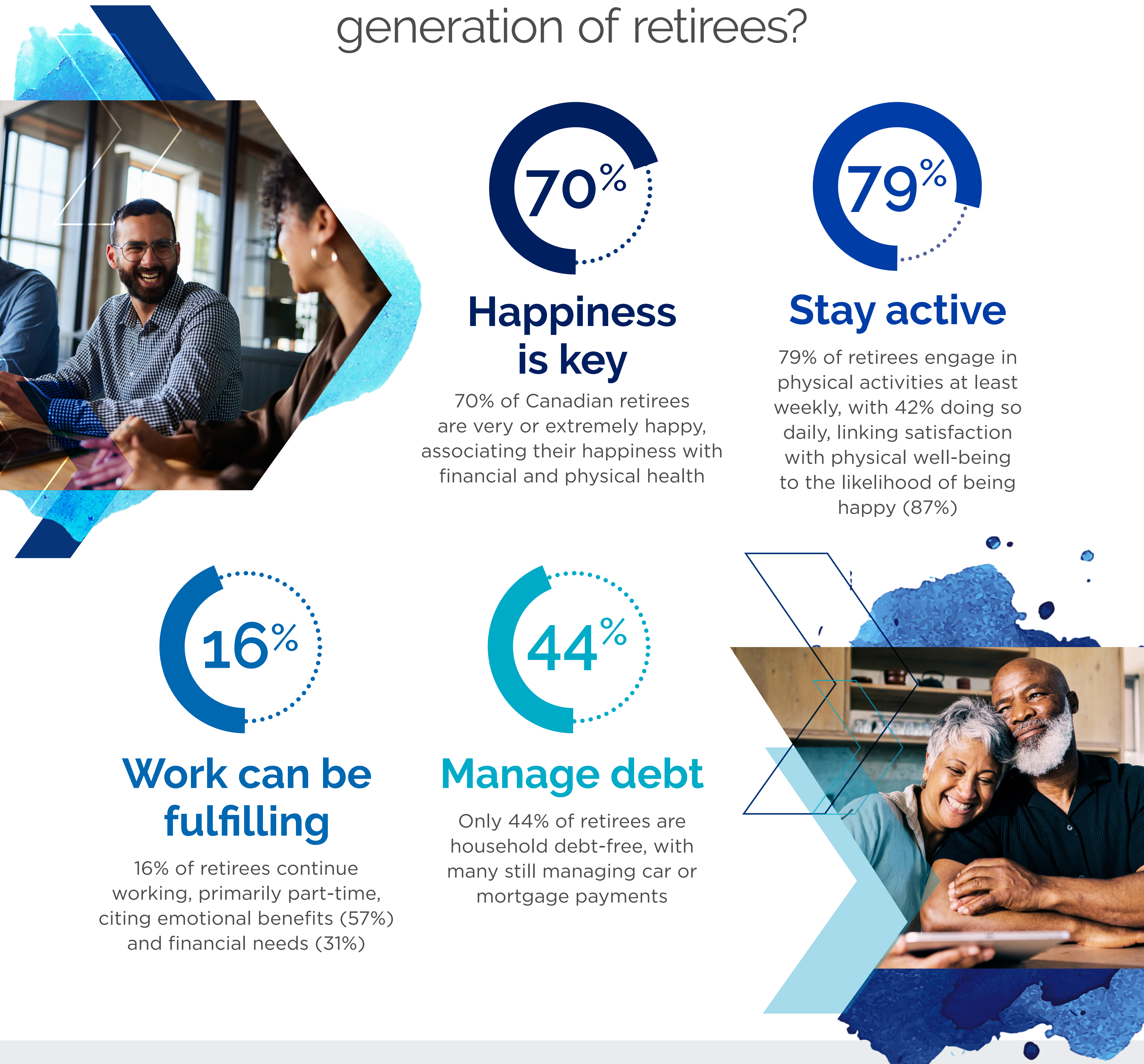




# Canadians are rebooting retirement

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?



## Advice for planning for your retirement

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



## Understanding the stages of retirement

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



By understanding these trends and planning accordingly, you can enjoy a happy and fulfilling retirement.