

GET OUT, GET ACTIVE – SIX WAYS TO LIVE HEALTHIER IN CHICAGO

We understand that the idea of wellbeing isn't limited to your finances, it also includes the physical and emotional components that make up a healthy lifestyle. At CTS, our team is passionate about supporting overall wellness amongst our colleagues, clients, friends and family.

Chicago is the perfect city to get out, get active, and get fit. Aside from a rich culture and diversity that begs to be explored, our city offers endless activities for the whole family that promote wellness in motion. It's no coincidence then that Gallup and Healthways, which works with hospitals and insurers to improve wellness, ranked Chicago the third-best community in the country for active living¹.

HERE ARE SIX THINGS TO DO IN CHICAGO TO GET THE HEART RATE UP:



1. TAKE A BIKE. ANYWHERE.

Did you know that Chicago was ranked the most bike-friendly in the country? As part of the Loop Link Projectⁱⁱ in 2017, Chicago became the first major U.S. city with a downtown network of protected bike lanes. To encourage cycling, the Chicago Department of Transportation also launched Divvy For Everyoneⁱⁱⁱ, which subsidizes bike-share memberships for lower-income residents.



2. RUN, OR JUST WALK TO WORK.

Chicago has its share of popular annual marathons (the traditional Chicago Marathon and the trendy Humana Rock ‘n’ Roll to name a couple), but commuting on foot, particularly with Millennials, has become a popular way to see the city and get some cardio. According to the American Council of Exercise (ACE), fitness trends in 2017 see Millennials moving to big cities and searching for practical (and affordable) ways to get around^{iv}.



3. BREAK A SWEAT AND GIVE BACK.

While on the topic for efficiency, a new trend is to combine exercise with philanthropy, in the form of active volunteer work. Organizations like Chicago Cares, which organizes up to 200 volunteer projects a year, offers a variety of opportunities to combine activity with helping fellow Chicagoans^v. And Habitat for Humanity Chicago offers everyone, regardless of skill, an opportunity to help build homes for families and communities in the city of Chicago and Cook County^{vi}.



4. APPRECIATE THE ARTS. MARTIAL ARTS.

Ready to test your limits? Chicago offers a wide variety of martial arts training and workshops for sport, agility and self-defense. Chicago MMA offers Muay Thai kickboxing and Brazilian Jiu-Jitsu classes to people of all ages^{vii}.

On a personal note, at CTS and with Chris and Jon in particular, martial arts hold a special level of respect. They have both practiced Muay Thai kickboxing and Brazilian Jiu-Jitsu for years, and they believe it has been both challenging and rewarding. All martial arts require a tremendous amount of discipline, respect, honor and commitment – and we apply these same virtues to how we run our business and serve our clients. You could say we strive to protect more than just your assets.



5. GOING BOUTIQUE.

Fitness trends may come and go, but in a city as vibrant and cutting edge as Chicago, we have noticed a surge in “boutique” fitness classes and activities that resonate with professionals on the go^{viii}. Millennials and Gen-Xers looking to maximize their limited free time want to do more than just break a sweat – they want an experience that aligns with their lifestyle. This means niche “of the moment” fitness classes that are often pay-as-you-go and have an element of social interaction and ambiance.



6. PLAY BALL.

In WalletHub's 2017 ranking of the most (and least) active cities in America^{ix}, Chicago ranked in the Top 10 in Bike Score (6th) and Walk Score (8th). Where else did Chicago rank? In the number of baseball fields per capita (19th in the country). Not that we're surprised, given our long history with the sport. Channel your inner Chicago slugger at one of the city's hundreds of baseball fields that are available for rent^x.

Whatever you choose to do in the city to be active in our great city, the possibilities are endless. At CTS, we fully believe that a holistic approach to wellness, from financial fitness to physical and mental health, are key elements to living a successful and fulfilled life.

Got some ideas for us? We would love to hear from you.



FOOTNOTES, DISCLOSURES, AND SOURCES:

Sources

- i. <http://www.gallup.com/businessjournal/196061/communities-built-active-living-healthier-residents.aspx>
- ii. https://www.cityofchicago.org/city/en/depts/cdot/supp_info/central_loop_busrapidtransit.html
- iii. <https://www.divvybikes.com/pricing/d4e>
- iv. <https://www.acefitness.org/blog/6158/health-and-fitness-trends-you-ll-see-in-2017>
- v. <https://www.chicagocares.org>
- vi. <https://www.windycityhabitat.org>
- vii. <http://www.chicagomma.com>
- viii. <http://www.chicagotribune.com/redeye/culture/ct-redeye-chicago-best-boutique-fitness-classes-20170504-story.html>
- ix. <https://wallethub.com/edu/best-and-worst-cities-for-an-active-lifestyle/8817/>
- x. <http://www.chicagoparkdistrict.com/facilities/baseball/>

Disclosures

CTS Financial Planning, Inc. ("CTS") is an SEC registered investment adviser with its principal place of business in the State of Illinois. Registration does not imply a certain level of skill or training. For information pertaining to the registration of CTS, please contact CTS or refer to the Investment Adviser Public Disclosure web site (www.adviserinfo.sec.gov). For additional information about CTS, including its fees and services, please send us a written request for our disclosure brochure. This newsletter is provided for informational purposes only. The information contained herein should not be construed as the provision of personalized investment advice. Information contained herein is subject to change without notice and should not be considered as a solicitation to buy or sell any security. Past performance is no guarantee of future results. Investing in the stock market involves the risk of loss, including loss of principal invested, and may not be suitable for all investors.

Additionally, this letter contains information derived from third party sources. Although we believe these sources to be reliable, we make no representations as to the accuracy of any information prepared by any unaffiliated third party incorporated herein, and take no responsibility therefore. All expressions of opinion reflect the judgment of the authors as of the date of publication and are subject to change without prior notice.