



Incorporating walking into a financial wellness routine can be a smart and beneficial move. Here's how:

1. Cost Effective: Walking is one of the most budget-friendly forms of exercise.
2. Preventative: Walking can reduce the risk of costly medical bills associated with chronic diseases like heart disease and diabetes.
3. Boost Mental Well-being: Walking offers natural remedy by reducing stress levels and improving mood.
4. Reflection: Walking provides a valuable opportunity for reflection and planning.
5. Increase Productivity: Walking can lead to mental clarity and innovative solutions.

So lace up those shoes, step out, and stride towards a healthier and wealthier life.

With gratitude,
Michelle

Spotlight

THE TOP 100 MOST Valuable Brands 2024

Below, we show the world's most valuable brands based on Brand Finance's Global 500 ranking in 2024.

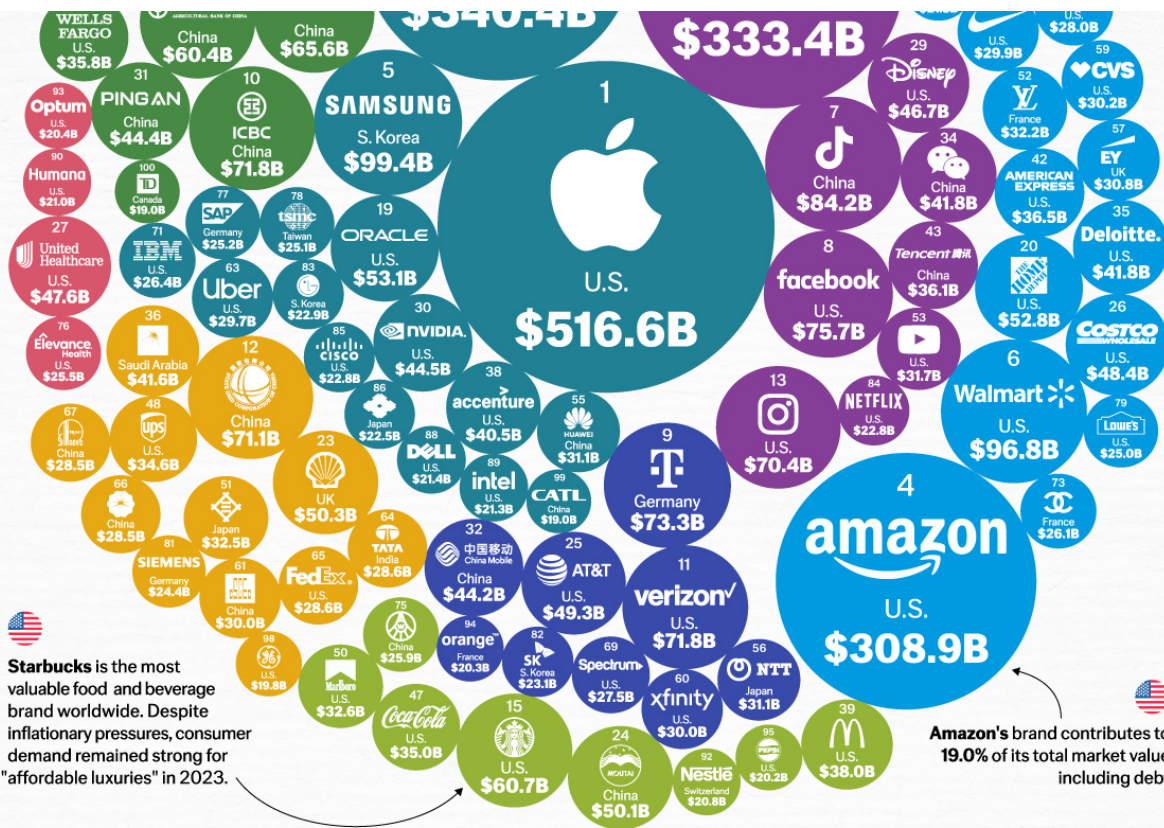
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|----------------------|--------------------------|-------------------------|
| Tech & Services (17) | Telecoms (9) | Food & Beverages (8) |
| Media (9) | Banking & Insurance (14) | Automobiles (10) |
| Retail (17) | Energy & Utilities (12) | Healthcare Services (4) |

How is a brand's value determined?



The top brands in the U.S. are worth a combined **\$3.2T** in value, followed by China at **\$829.9B**, and Germany at **\$347.1B**.





Source: Brand Finance



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