

Katie Johnson: Good morning and welcome to Apple a Day, Lake Region Healthcare's health and wellness show where we feature news and information that you can use to live a healthier life. I am Katie Johnson, your host and my guest today is Missy Hexum. She is a Wealth Advisor at Bell Bank and she's a featured speaker at our Living Well series, monthly session that's coming up next week at the library. Good morning Missy?

Missy Hexum: Good morning Katie and everyone?

Katie Johnson: Thank you so much for taking some time to join us. And what we'd like to do is preview the living well series each month. And as our listeners might know by now it's the first Tuesday of every month at the public library community room. So we have February session coming up next Tuesday already. And the topic this month is Financial Health. We talk a lot about the seven components of health on our show and they range from the physical, occupational, social, spiritual health, but also included in that is financial health.

Katie Johnson: So that's the focus of this month session. And I really like your description that improving financial health involves a lot of balance. And balance is what we're looking for in all of these components of health. So we'll talk about more about what you're going to cover it next week session. But let's let our listeners get to know you a little bit. First, tell us about your background and what is your experience in financial training.

Missy Hexum: I've been in the financial services for the past 20 years. And 2003 I completed my licensing training for securities insurance. I was a licensed banker in town here for over 10 years. And currently I'm a financial advisor at Bell Investments.

Katie Johnson: And we should mention that you're also a fitness trainer, right?

Missy Hexum: Oh yeah.

Katie Johnson: So you do the physical health and the financial health?

Missy Hexum: That's right. It's all about balance across the board. Yeah.

Katie Johnson: Yeah. Yeah, Exactly. But a great combination of expertise that you can bring to this picture of holistic look at our health. Tell me why Financial Health is an important topic to you. Why does it kind of spark your passion?

Missy Hexum: I believe stress really surrounds money. I believe that managing our budget and goals allows people to get more out of life and plan for those big events in life. Health isn't just about diet and exercise. Feeling secure in your financial future is beneficial to your overall health.

- Katie Johnson: Oh, absolutely. Yeah, when you say that word stress, some of the biggest arguments we have both at work and at home surround money, don't they?
- Missy Hexum: I agree. Yes. And if we can take some of that stress off the table, a lot of it has to do with the planning.
- Katie Johnson: Oh, thinking ahead and planning ahead and that's what this session is designed to do. I'd be curious to know, what do you find are maybe some of the common barriers that people either site themselves or you observe towards achieving their optimal financial wellbeing?
- Missy Hexum: Really the time it takes to put together a budget and manage it can intimidate or bore most people. There are tools available to help manage the budget and financial advisors with the big planning on those goals.
- Katie Johnson: So there's definitely ways around those excuses?
- Missy Hexum: Yeah.
- Katie Johnson: Absolutely. As I mentioned the course description for the next week's session talks about Balance and Financial Habits. Can you tell us a little bit more about how these elements contribute to overall financial health and maybe preview a little bit of what you're planning to cover in this session?
- Missy Hexum: I think what makes a plan a living financial plan is that you design it to help you make choices today and enjoy both your now and your future. The seminar's divided into three parts, work, life and money. I'll share some of those tips and tools to help you balance all three and begin to create your living financial plan.
- Katie Johnson: Oh, it sounds like some really good hands on like walk away, come home with some tools that you can use and put into practice and I really like that. Are there certain people that you would really recommend attend this session that are really going to get the most out of it?
- Missy Hexum: I really believe that everyone with a financial goal should attend. There is something that everyone will take away from it. It would be most beneficial for those people ready to make their financial goals and goals of priority.
- Katie Johnson: Sure. Being ready to make the change or make the commitment is certainly important, but whether I'm hearing you say whether you're young or looking at retirement, we all have different financial goals and being diligent about putting a plan in place will help all of us. Do you have any resources that you'd like to recommend to people, maybe books, apps that help people with their financial goals and understanding better how they can achieve them?

- Missy Hexum: There's a lot of tools available. Probably the most popular are those budgeting tools that may be free or you pay to download app, Mint being one of the most popular, maybe a familiar thing. That's mostly a budgeting tool. You need a budget is what NAB. There's a fee for that, but that can be a useful tool. The other things, everydollar.com or SmartDollar, those tools are probably familiar to a lot of people. It's technology where all we live in, and so why not use it to your benefit?
- Katie Johnson: Oh, absolutely. Anything that can make it easier. How about a takeaway? If you were going to leave our listeners with one thing, whether or not they can attend next week. Top piece of encouragement or advice that you would give to people who are really wanting to take a look at their financial health and improve it?
- Missy Hexum: I recommend that if you're in a relationship that both parties take part in the goal setting and budget. Usually one person handles that day-to-day financial, but the big picture of budget review should be completed by both people, both parties, just like other goals in your life. Please take the time to prioritize your financial goals that are important to you. Those small steps to your goals matter, and sometimes the first one's the hardest.
- Katie Johnson: Oh, that's so interesting that you say that because that's oftentimes when we talked to Natalie about physical health. What she cites is sometimes it's just getting your shoes on, putting your shoes on, standing up and taking that first step and sounds like similar advice in financial health. It's just taking that first step and starting to move forward.
- Missy Hexum: Yep, absolutely. That first step. Just take it.
- Katie Johnson: Yeah.
- Missy Hexum: Yeah.
- Katie Johnson: Anything else you'd like to share with our listeners before we wrap up?
- Missy Hexum: Maybe just in summary, I think that sometimes we think the things that make us rich, it's not just the money things, again, going back to that balance in life, but it's been said before that your salary isn't what makes you rich, it's your spending habits. So if we can curb and control those things and still live for today, but plan for tomorrow. I think that that's the one thing that I would tell people.
- Katie Johnson: I think that's great advice. I had someone very wise once tell me that your money isn't about how much you have and what you can buy, it's about what it gives you for choices, for options reaching your goals. So that's great advice Missy. Thank you so much for taking some time to visit with us on this morning show. Again, we invite everyone to attend the free Living Well series on

improving your financial health next Tuesday night, February 4th. It's at the Fergus Falls Public Library community room.

Katie Johnson: The session will start at 5:45 and wrap up by 7:00. And we'll give you some healthy refreshments to enjoy while you're there. If you'd like to attend, we'd love it if you'd RSVP. Just shoot us an email to livingwell@lrhc.org or call us at 736-8451. But if you don't RSVP and find out you can attend when your schedule unexpectedly clears up, please stop by. Drop by the library 5:45 next Tuesday night. Again, Missy Hexum, Wealth Advisor from Bell Bank will be our featured speaker on improving your financial health. Thanks for joining us and for teaching next week session as well Missy.

Missy Hexum: All right. Thank you. I look forward to seeing everyone there.

Katie Johnson: And Bell Investments asks us to add this disclosure. The opinion voiced in this material are for general information only and are not intended to provide specific advice or recommendations for any individual.

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Missy Hexum and Katie Johnson on Apple a Day this morning, reminding you there is so much to do here. Stay healthy for it. Have a great day.