

# Are Americans Screwing Up Their Retirement Planning?

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<http://retirement-wisdom.com/>

If you're above average in your lifestyle habits, meaning conscientious about your weight, eating and exercising properly, you'll probably live a longer than average life only to run out of money to live it. Shocking? It can be, especially in later years when you see that your body is healthy, but your retirement savings balance is not.

Companies, including investment and retirement planning firms, base the savings you'll need on mortality tables. But those tools are just the beginning. For active people who take care of their body, workout regularly, and take steps to reduce stress, life could be a long and beautiful journey. If those same active people don't plan their retirement savings to live to be 100 (or more, which is occurring more frequently), they may curse all those years of living right because they'll outlive their savings. This isn't to say you should be careless with your health, but instead, be careful with your savings.

The average age women live until is 80; for men that number is 77. But remember, *that's average*. Tack on another 20 years. Nursing homes now have more centenarians than ever before and the number continues to grow. Will your retirement savings last that long? If a male lives to be 65, he has a 40 percent chance of living to age 85 and females have a 53% chance of living until age 85. For married couples, there's a 72% chance that at least one of them will live until age 85. And if the couple is 25 percent healthier than the "average" person, the male's chance increases to 50 percent, and the woman's 62 percent.

The odds are in your favor that you will live past the age of 85. Take a look at your retirement savings plan. Are you set to outlive your money? Do you have a contingency plan?

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