

In this month's newsletter, we begin with an overview of the First Home Loan Deposit Scheme; a newly proposed measure by the re-elected Coalition government. Is there such a thing as relaxing too much in retirement? We explore the physical activity and dietary guidelines for retirees. Our animation illustrates what is financial wellbeing, and the things that influence it. The recently passed Protecting Your Super Package takes effect from 1 July 2019; we discuss this further. Lastly, we leave you with a SpaceX video, showcasing a Falcon Heavy rocket launching into space accompanied by a rather unique payload.

With the re-election of the Coalition government, you may wish to refamiliarise yourself with the rules regarding [franking credits](#), [capital gains tax](#), [negative gearing](#), [super contributions](#), and [borrowing in SMSFs](#).

Also, with the 2018 | 2019 Entertainment Membership about to expire, now is the perfect time to [buy the brand new 2019 | 2020 Entertainment Membership!](#) You can enjoy thousands of valuable offers for everything you love to do, all while supporting the Future2 Foundation. Please [click here](#) to read about how the Foundation support young people around Australia lead productive, secure and happy lives.

Unpacking the First Home Loan Deposit Scheme (FHLDS)

Following the federal election results, the Coalition has been re-elected. In this article, we provide a brief overview of one of their new proposed measures, the First Home Loan Deposit Scheme.

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A healthy retirement: Physical activity and dietary guidelines

Retirement is a time to relax and enjoy the fruits of your labours; but, can relaxing too much be a bad thing? In this article, we explore the physical activity and dietary guidelines for retirees.

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Your financial wellbeing animation

A recent survey has found that on average Australians have a financial wellbeing score of 59 out of 100. In this animation, we illustrate what is financial wellbeing, and the things that influence it.

[Launch Video](#)



1 July 2019: Protecting Your Superannuation Package

Several changes are coming to superannuation, and action may be required on your part prior to 1 July 2019. In this article, we discuss the recently legislated Protecting Your Superannuation Package.

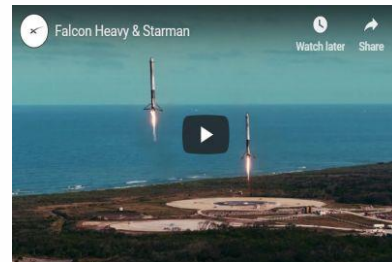
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Dream big: SpaceX's Falcon Heavy rocket launch

"Shoot for the moon. Even if you miss, you'll land among the stars." (Norman Vincent Peale). In this SpaceX video, a Falcon Heavy rocket launches into space with a rather unique payload.

[Launch Video](#)



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