



Fitness & family health

All

**Fitness & family
health**

Mental wellness

Eating well

Preventing &
treating illness

Giving back

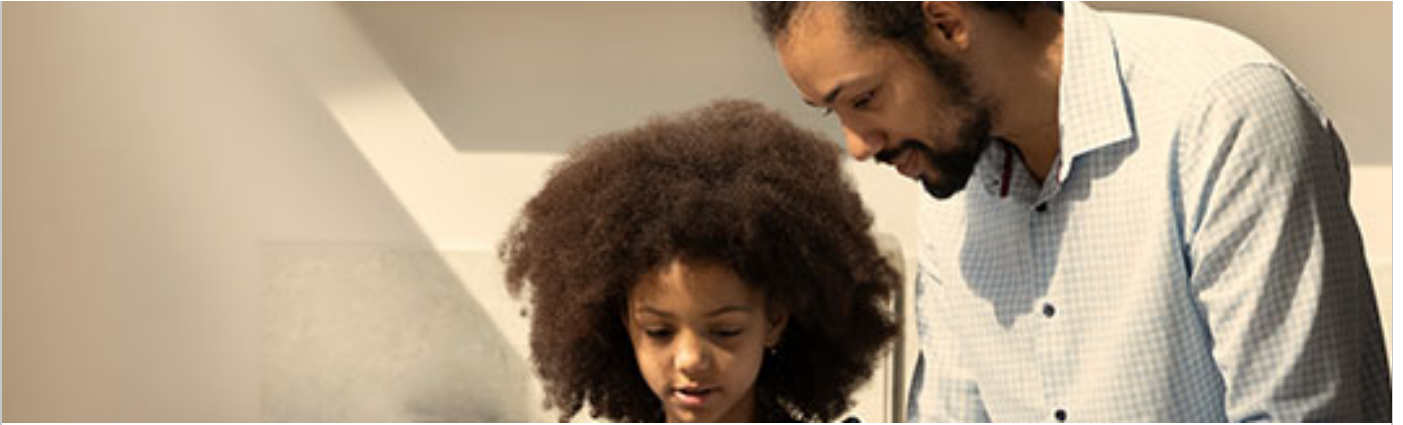
Living in retirement



January 10, 2025

Can you reverse type 2 diabetes?

There is no cure for type 2 diabetes. But it is possible for some people to put it into remission. Here's what you need to know.



December 27, 2024

How to stop diabetes and prediabetes before they start

A healthier lifestyle can stabilize and even reverse the disease. Here's what you can do.



December 20, 2024

5 tips for working out at home

Looking to build a home workout routine? We've got 5 tips to get you started.



December 18, 2024

Type 2 diabetes in children: How to reduce the risks

Type 2 diabetes is now affecting more children. But it's possible to prevent this disease. Here's what you need to know.



December 13, 2024

8 budget-friendly tips to stay fit and healthy this winter

Temperatures are dropping, but you don't have to drop your fitness goals. Here's how to stay healthy, active and in shape throughout the winter.



October 02, 2024

6 ways to make time for fitness

Does working out always fall to the bottom of your to-do list? Even the busiest person can find ways to be more active. Here's how to carve out some time.



August 29, 2024

5 ways to manage screen time for the whole family

Small screens can have a big effect on family life. Here are some ways you and your family can work together to reduce screen time.



June 25, 2024

How to recover effectively from your first running race

Mission accomplished: You've just run your first 5K or 10K – that's quite a feat. Few people are able to run that far. Now, how do you recover effectively to stay in top shape?



May 17, 2024

How to prepare for your first 5k or 10k run

Decided to challenge yourself and sign up for your first 5 km or 10 km run? Here's how to have fun and avoid injury.

< 1 2 3 4 5 >

Brighter Life emails

Sign up for FREE personalized tips, tools and offers.

Subscribe

I understand I can unsubscribe at any time and acknowledge that this email address belongs to me. Learn more about [privacy](#) and how we collect data to provide you with more relevant content.

Tools & calculator



Life insurance calculator

Your family is your top priority. Doing the right thing when it comes to their future is important. And that means making sure they have the financial protection they'll need if one of you dies unexpectedly or becomes seriously ill.

[Life insurance calculator](#) >



RESP calculator

Use this registered education savings (RESP) calculator to find out how much you need to save and understand how planned savings (including an RESP), government grants and other contributions) can help cover your child(ren)'s post-secondary education costs.

[RESP calculator](#) >



Life expectancy calculator

Use this calculator to estimate how long you might live and to see what you can do to live a longer, healthier life – now and in retirement.

[Life expectancy calculator](#) >

Related products

[Family insurance](#) >

[Critical illness insurance](#) >

[Travel insurance](#) >

Need financial advice?

Make well-informed decisions with helpful advice. Talk to your advisor or find one near you - there is no cost to talk to an advisor.

Find an advisor

[How advisors help](#) >

Quick links ▾	Plan sponsors & advisors ▾	About us ▾	Careers ▾	Contact us ▾
Sign in / Register	Suncentral	Who we are	Become an employee	Contact us
Submit a claim	SLFD Advisor hub	Newsroom	Become an advisor	Support
Find a form	Plan advisor site	Sustainability	Student and new graduate programs	Talk to an advisor
欢迎访问永明金融网页	Plan sponsor site	Donations and sponsorships		

Life’s brighter under the sun

We acknowledge that Sun Life operates in many Territories and Treaties across Canada. Our Canadian headquarters in Waterloo are on the traditional territory of the Anishnaabeg, Haudenosaunee Confederacy and the Mississaugas of the Credit First Nations.

Today, Canada is still the home to many Indigenous, First Nations, Inuit, and Metis peoples from all across Turtle Island. We are grateful to have the opportunity to work in this territory. We offer this acknowledgment as a stepping stone towards honouring the original occupants, as a testimony to the oppression faced by Indigenous peoples, and our commitment to Indigenous communities and employees of Sun Life.

© Sun Life Assurance Company of Canada. All rights reserved.