

You! you! You!

* HANDY LIFE ADVICE TO STICK IN YOUR POCKET OR STORE FOR LATER *

It's not always wise to indulge shopping urges, but smart investment purchases can go the distance and save you money in the long run.



4 TIMES IT'S OK TO splurge

The areas of your life in which it actually makes good financial sense to spend up

YOUR FITNESS

Why spend? While shelling out for gym memberships can add up, the motivation gained from a personal trainer or group classes makes it a worthy investment if you need that boost to get going.

How to save: Signing up for boot camp is a cheap way to get the benefits of a trainer. Or, sign up to a gym with a mate. "Lots of gyms waive the joining fee if you sign up a friend," says Kate Leal, personal trainer and owner of Forging Physiques.

YOUR HEALTH

Why spend? When you consider the chances, it can seem pointless paying private health insurance, but think ahead. Hoping to fall pregnant soon? Most funds have 12-month waiting periods for claiming pregnancy-related costs.

How to save: Head to a site like helpmechoose.com.au to compare funds. Also, examine your extras, advises the site's Dr Adir Shiffman. If you don't need optometry or physio, then basic hospital and ambulance is best.

YOUR INVESTMENT WARDROBE

Why spend? Quality items last the distance. It might sting to spend \$300 on an Italian leather bag, but if you carry it five times a week over two years, it works out as 60 cents per wear.

How to save: Buy neutral colours in styles that won't date, like a flattering LBD or blazer. And time it for bargains. "Shop early during sale season," says image pro [Annalisa Armitage](#).

YOUR FINANCES

Why spend? If you want to save a deposit for a property, first get financial advice. "A well-designed plan rather than a shot-in-the-dark approach is likely to save you from making costly mistakes," says Jill Wilberforce, co-founder of financial service Wisewomen.

How to save: First, get a detailed rundown of all the fees, which should be fixed or based on performance. See fpa.asn.au for a list of FPA-accredited advisors. **Michelle Wranik** □

PS... A black and white Coke bottle on canvas by pop artist Andy Warhol was sold by Sotheby's, NY, last month for \$35 million.