The rewards of staying invested in volatile times

Market turbulence can shake any investor's confidence. However, you must be willing to assume some risk to realize your financial goals – and, as the chart below shows, the key to long-term investing success is to remain invested.

What have we learned over the past 38 years?

- The Canadian stock market returned 2,874% on a cumulative basis – which translates to an average annual return of 9.1%.*
- $100,000 invested at the beginning of 1970 was worth $2,974,019 at the end of December 2008.*
- During this same period, the market declined by more than 20% seven times – falling an average of 31% in these seven downturns.*

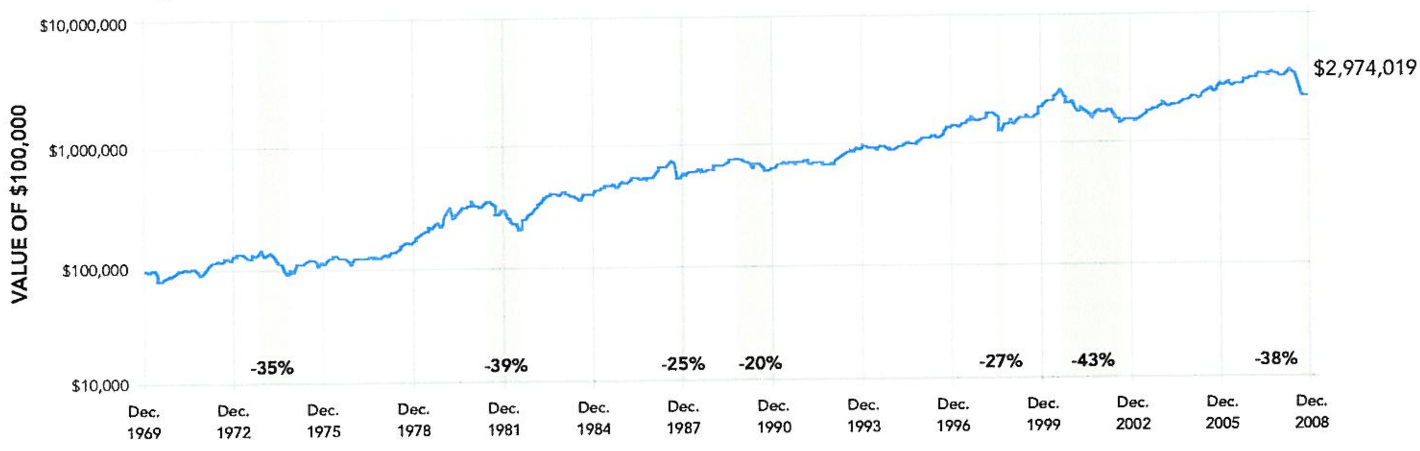
What does all of this mean?

- To get that 2,874% cumulative return over 38 years, investors had to, on average, accept losing almost one-third (31%) of their money approximately every six years.

Market losses are part of a bigger picture that has historically provided far more upside than downside. Losses are a natural and unavoidable consequence of participating in the growth potential offered by the stock market. Over the long term, the best strategy is generally to ride out the downturns.

31 times your investment over 38 years

S&P/TSX Composite total return January 1970 – December 2008



Source: Ibbotson EnCorr. The six up periods average 58 months and 174% return; the six down periods (excluding 2008) average 11 months and -31% return. The current down market has lasted seven months, with a -38% return.

* Based on the S&P/TSX Composite Total Return Index, including dividend reinvestment, between January 1, 1970, and December 31, 2008.

For more information about the rewards of staying invested in volatile times, visit *fidelity.ca/volatility*

Fidelity INVESTMENTS

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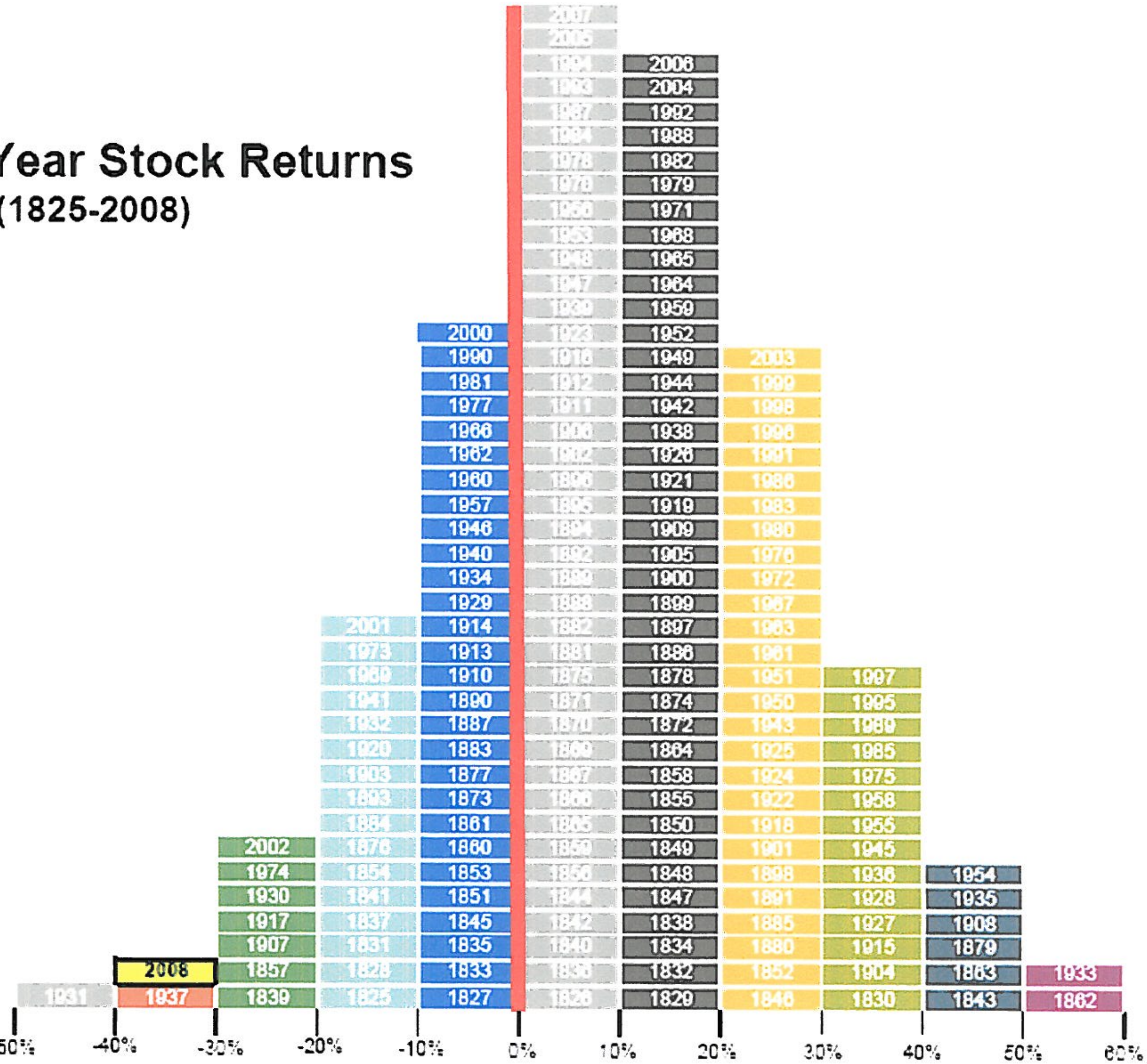
2008 was one of the worst years on record but historically, markets go up more than they go down

Calendar Year Stock Returns
(1825-2008)



Source: Standard and Poor's, Ibbotson, Robert Shiller, FMRCo (MARE) as of 12/31/2008.