



**Bull markets tend to climb slowly over time, while bear markets drop abruptly without warning, often causing extreme volatility.**

Investors who become complacent during an extended bull market get surprised when a bear appears. But if you can't ride out a decline of 30% one out of every five years, on average, you can't be an equity investor.

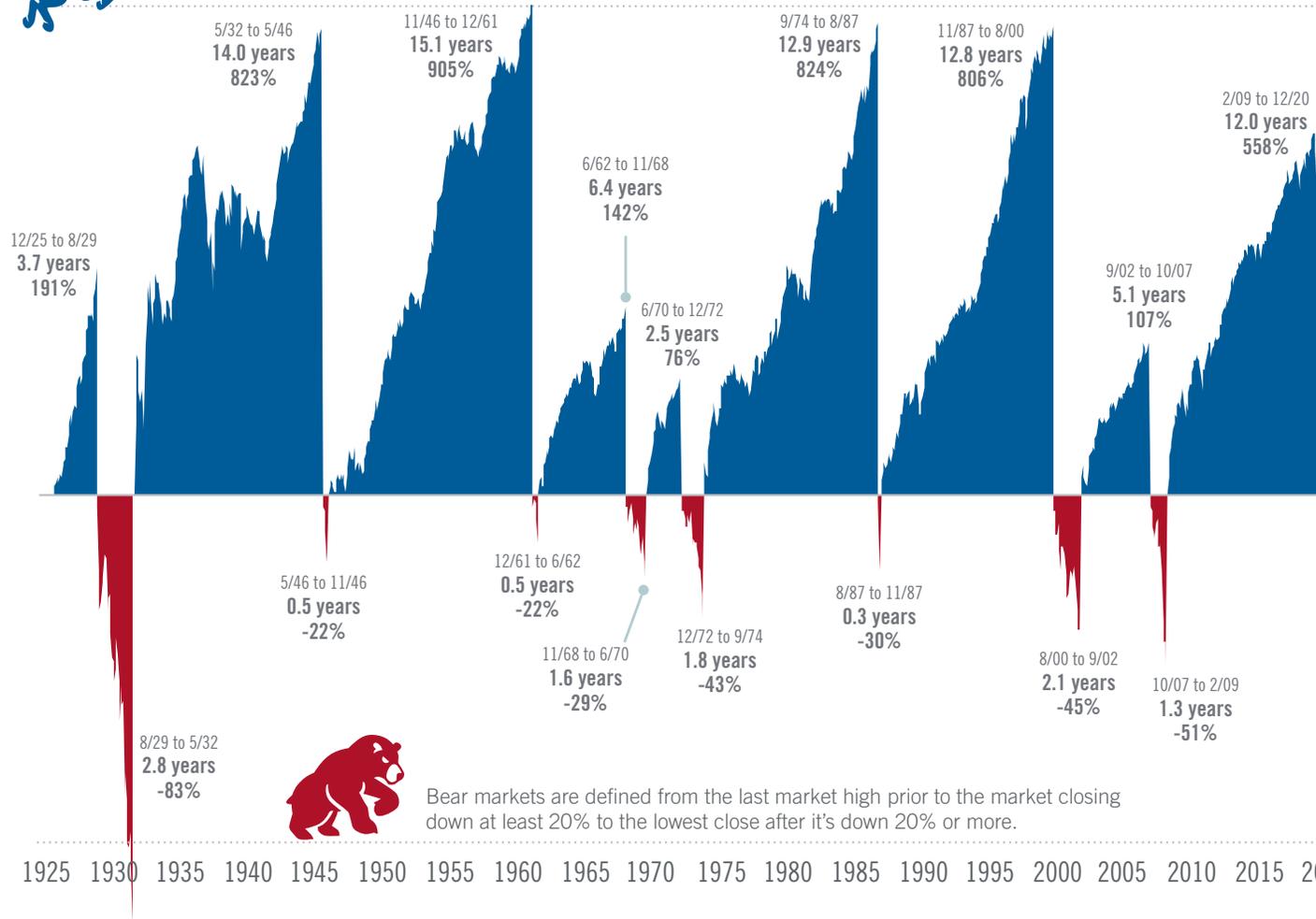
Long-term investors must be prepared to endure significant market declines and periods of intermittent volatility. A mix of assets—a broadly diversified portfolio—may help an investor withstand the ups and downs.

## HISTORY OF U.S. BULL AND BEAR MARKETS

Based on S&P 500® Index Returns—12/31/25 to 12/31/20 (Log Scale)



Bull markets are defined from the lowest close reached after the market has fallen 20% or more to the next market high.



Bear markets are defined from the last market high prior to the market closing down at least 20% to the lowest close after it's down 20% or more.

**Diversification:** There is no guarantee that a diversified portfolio will outperform a non-diversified portfolio, or that diversification among different asset classes reduces risk. **Past performance is not indicative of future results.** Returns for the S&P 500® are cumulative. Source: S&P Dow Jones Indices. © Copyright 2021 Ned Davis Research, Inc. Further distribution prohibited without prior permission. All Rights Reserved. See NDR Disclaimer at [www.ndr.com/copyright.html](http://www.ndr.com/copyright.html). For data vendor disclaimers refer to [www.ndr.com/vendorinfo/](http://www.ndr.com/vendorinfo/). Distributed by **VP Distributors, LLC**, member FINRA and subsidiary of Virtus Investment Partners, Inc.