

### **Exercise For A Solid Bottom Line**

Well the stats sing it loud and clear. Lack of physical activity can have a damaging effect on you and those you work for. That's right, your risk for diabetes, heart disease and obesity grow yearly while your productivity at work or in your own business has a subsequent decline.

Leading a healthy lifestyle that includes a nutritious and calorie sound diet with regular physical activity above and beyond what your body is normally accustomed to, have an exceptional impact on just how well you perform your day to day tasks.

Your ability to focus, the effort and energy you emit and the overall way you feel about yourself and the work you do, directly impacts your performance on the job. You wake with purpose, you smile more often, you have energy at the end of the day to do things you want to do not just what you have to do, you are physically well and have less days off of the job and you just do far superior work. By default your productivity increases and so does your business bottom line or salary.

But how can you do it, that activity stuff, smart food, sleep well, balance? Time is tight, there's deadlines, a new contract, new client, family obligations, big goals, bigger dreams. Going for it all without the help of a healthy body comes at a cost; your health, your time here and the quality of how you live it.

Whether you are the employee or the employer start small, roll with it, add on and before you know it, you and the company will be feeling healthier, happier, fitting it all in and have a solid bottom line (no pun intended) to boot. So here are a few suggestions that have worked for hundreds of others. You know it all but let yourself be reminded.

Have you heard the expression "when you change the way you look at things, the things you look at change"? Think health first. Want it, value it and take care of it. Make this decision and all the other effective changes will not seem so daunting.

The magic formula: Eat less of everything and move with purpose more often. If you stop eating for two you will not be oversized. Eat out less often and avoid temptation. Be mindful of your lifestyle values when making menu choices. Eat at your desk and exercise during lunch often. Overhaul the lunch room with nutritious alternatives and avoid stocking excessive amounts to prevent overeating. Drink more water and less alcohol. Eat breakfast and never have to say "I'm starving". Shop and stock, real food, buy less junk and never super size.

If you move more than you sit your heart will beat stronger less often and last longer.

Get organized the night before so obstacles don't delay your healthy living plan. Walk whenever possible and take the stairs always. Socialize less around food and drink and more around activity or activity inspiring events. Get involved in a group or with a buddy. Not only is there safety in numbers but accountability promotes success. Negotiate a fitness pass or program in your next raise. Use it, often. Enlist family members, friends, neighbours and colleagues so you have as many allies as possible who compliment and are congruent to the lifestyle you want to have and eventually will have if you think about it most of the time.

And finally, start today.

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