

# [ HEALTHY MAKES FOR WEALTHY & WISE! ]

MONDAY JULY 12, 2004

## Health constitutes one of the most important, also perhaps, the most ignored aspect of life, especially among young professionals

WORK WISE - A fortnightly column by Rahul Kapoor

In the blind pursuit to achieve and to accomplish our goals we move from one day to the other with such speed that often most of us do not spare even a few minutes towards the biggest investment in this world HEALTH. Our inability to take a break is usually the main cause for early burnout. The saying 'if wealth is lost nothing is lost but if health is lost everything is lost' is rarely taken into serious consideration. Unfortunately, people realize the true value of this statement only when they fall ill.

Having closely observed the working patterns of hundreds of professionals I have noticed that people fail to find time for exercises. The matter of fact is that you only need about forty minutes in a day to be healthy. I think one must find that kind of time considering the tremendous benefit that you can derive of it and the amount of time you can lose if you otherwise fall ill!

Yes, one has to stay proactive and take good care of our body so that our body can take care of us in the long run. If you haven't already caught the fitness bug, start now. Your mission from today should be health is wealth this means eating the right food, getting sufficient rest and relaxation and exercising on regular basis.

You must allocate enough time for your meals, it helps when you have fixed hours for eating. Watch what you eat, avoid taking too much of junk food. Avoid oil, ghee and butter in excess. Make sure you replace that cola with a glass of fresh fruit juice. Ensure that you eat a lot of vegetables and fruits. Needless to say, reduce your eating out because the healthiest food is available at home. If you keep healthy and eat well you will infact end up with more energy to put in at work. To know more about right eating habits please read the book 'Boundless Energy' by Deepak Chopra.

The next step towards achieving good health is to find time for regular exercises. This does not mean that you need special equipment to do it. If you want to go to a gym or a spa to use the equipment or enjoy some skill sports such as tennis or badminton, that's an added opportunity. But if you do not find enough time for all this then just do anything that can build your endurance, flexibility and strength. Even 40 minutes of brisk walk around your block helps, if nothing else is possible.

Remember those simple stretching exercises that we had learnt in our school days. Yes, the PT masters session! Make sure you have enough exercises for you eyes, neck, shoulders, back and legs. The best time for such exercises is early morning before you take your bath. Failing which you can do these exercises even at your office. It does not matter when you do them; the important thing is you must do them everyday.

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Another thing you can do is cycling. Today, you can find some really sporty bikes. So, go ahead and buy one for yourself. It can really help you create a health statement. Remember the blood circulation in our heart is at its best when we exercise the lower part of our body. Our leg muscles can do this perfectly. Thus cycling for at least ten to fifteen minutes everyday can be hugely beneficial.

Find time to walk as much as you can. The best brisk walk you can have is in the morning but if you do not find time for that then try taking a walk after you lunch at office or after dinner at home. You may also want to use the staircase instead of an elevator.

All these are simple techniques and can fit in your regular schedule. All you need to do is to become conscious about your health and you will soon find that your mind will find more ways than you can dream of to keep you fit.

Remember life is a long term commitment-and early burnouts are a reality and not just jargon.