

Exercise to energize time??

Some thoughts from Coach Don Sardella about exercising on a regular basis

Too busy to exercise? If you're that busy, you're too busy not to exercise

What???? Well, let's consider the following:

Most people get energized when they've exercised – the endorphin effect kicks in
We can reduce our stress, re-balance and re-integrate ourselves – more peace of mind
Allows us to think clearer, quicker, more creatively, more insightfully & more intuitively
Have better relationships, in our lives and at work – feeling less frayed at the edges
Feel better about ourselves for following through on our commitment to ourselves –
makes deposits into our Personal Integrity Account – raises authentic self-esteem
We sleep better – wake up much more re-vitalized – have a stronger peak energy period
on the front end of the day – greater stamina throughout our day
Far more productive/profitable use of our most precious resources – our time and energy
In most cases, we pay for our health either as we go or lump sum costs later in life
Increase both the likelihood of longevity & having a better ride along the way, every day

So what's the deal????

Invest 3-4 times per week, between 60-90 minutes each (incl. travel and clean up time)

This is a total of 4-6 hours per week – out of a 168 hour week, our exercise/investment dramatically affects the quality of the other 162-164 hours per week

As an investment professional, would you say that this is a good deal or what????

So how do I make it happen consistently????

Schedule it as a high-payoff appointment with yourself – put it on your calendar
Find some way of working out/exercising that you love – running, swimming, etc
Find a family member, friend or exercising buddy that you like to spend time with
Integrate relationship building time, social time, etc as part of your program
Come up with your own personalized lists of written benefits (at least 7-10) that you can post, keep front and center in your own mind, and regularly review.
Hire a personal trainer to help you take your self to the next level

It's supercharge time – good luck – GTG (to the pool) C Ya!!!!