

The Professional Pitfalls of Unhealthy Living

In today's busy world we see a lot of worn-out, busy, overweight, middle-aged Business Owners and Directors.

These are smart, good people who simply aren't eating right, exercising regularly, sleeping enough, meditating, pursuing hobbies, investing in learning or engaging in other important personal development practices. And they're rationalizing their lapse in healthy, happiness-inducing, and life-extending habits with an overused and over-believed excuse we all give: "I just don't have time."

In recent decades, life style has become an important factor of health is more interested by researchers. According to WHO, 60% of related factors to individual health and quality of life are correlated to lifestyle.

"Managing your health is a proactive approach to running any business"

Millions of people follow an unhealthy lifestyle. Hence, they encounter illness, disability and even death. Problems like metabolic diseases, joint and skeletal problems, cardio-vascular diseases, hypertension, overweight, violence and so on, can be caused by an unhealthy lifestyle. The relationship of lifestyle and health should be highly considered.

Today, wide changes have occurred in life of all people. Malnutrition, unhealthy diet, smoking, alcohol consuming, drug abuse, stress and so on, are the presentations of unhealthy life style that they are used as dominant form of lifestyle. Besides, the lives of citizens face with new challenges. For instance, emerging new technologies within IT such as the internet and virtual communication networks, lead our world to a major challenge that threatens the physical and mental health of individuals. The challenge is the overuse and misuse of the technology.

As any student of time management will tell you, managing your health is a

proactive approach to running any business. It's time to make time for healthy habits, the obvious impacts are:

- **Reduced stamina.** When you eat a balanced diet and exercise regularly, you have more energy. This is especially true of business executives who travel a lot for their jobs. To keep energy up it is essential to pay attention to what you eat and make choices and don't overdo sugar or daily calories. Make time at least five days a week to exercise. When choose exercise over an extra hour in bed you can be guaranteed that you will have more energy and all-day
- **Premature aging.** In a recent article in a leading men's fitness magazine, a professor of exercise science wrote that beginning in their 30's, men who do not exercise and build strength put on 15-plus pounds of fat every decade due to a combination of muscle loss and weight gain. Countless studies show that a lack of physical and mental activity produces weakness and contributes to the aging process. In reality, real people stay "young" by exercising well into their 80's and beyond.

