



# INSIGHTS

... for Exceptional Leaders

The Holbrow Group

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### Leadership and With Physical Activity

**“Take care of your body. It’s the only place you have to live.” Jim Rohn**

The season that symbolizes re-birth, spring, is on its way - we promise! What better time is there to make changes in our lives to coincide with the rejuvenation synonymous with spring?

Change can come in many forms, including mending relationships, setting job or career goals, or improving our physical shape. It’s that time of the year when we feel that we need to start fresh, like a Febreze commercial!

Becoming active is one way to start over and feel fresh. Personally, going to the gym and incorporating a healthy lifestyle instilled in me the discipline to be more committed in every aspect of my life. This lifestyle allowed me to learn new ways to exercise, igniting my passion for my current profession as a personal trainer. I derive a great sense of satisfaction from being able to help people reach their physical goals, and in effect, changing their lives for the better. By attaining these physical goals, it makes the pursuit of other goals, such as enhancing personal relationships and relieving daily stress, much easier. Furthermore, it is a proven fact that first impressions have a great impact on peoples’ psychological judgment of others. If I can help to make people feel more confident in themselves improving their ability to make a good first impression on others, it opens the door for endless possibilities.

Developing a regular fitness routine will help make even the worst days feel much better - even amazing. People work out in places such as their home or fitness gyms to give themselves a sense of accomplishment, which over time improves their ability to enact effective goal setting. Productivity and efficiency increases by setting small, attainable goals, and achieving them through hard work. When you achieve your goals, you believe in yourself. When you believe in yourself, you can conquer anything. I encourage everyone to be active, whether it is through sports, or exercise. Even walking your dog is a great start!

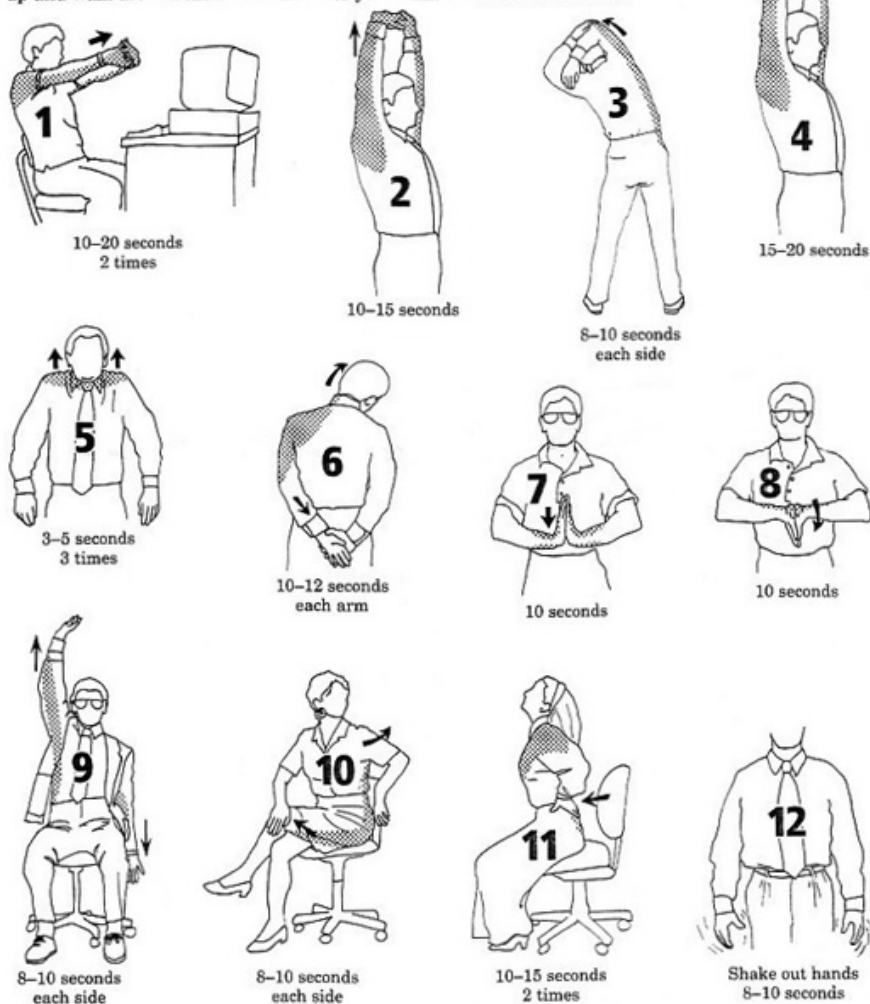
In a corporate environment that is changing at a fast pace, performing consistently at high levels is more difficult and more necessary than ever. Narrow interventions simply are not sufficient anymore. Companies cannot afford to address employees’ cognitive capacities while neglecting their physical well-being, which in turn translates into emotional well-being. When people feel strong and recovered physically, emotionally and mentally they begin to perform better, with more passion. When you win, your family wins, and the organization wins, everyone is happy!

Here are some stretching exercises you can do right at your desk to keep your body and mind stimulated. I recommend that you do these stretches at least three times during the workday:

### Computer & Desk Stretches

*Approximately 4 Minutes*

Sitting at a computer for long periods often causes neck and shoulder stiffness and occasionally lower back pain. Do these stretches every hour or so throughout the day, or whenever you feel stiff. Photocopy this and keep it in a drawer. Also, be sure to get up and walk around the office whenever you think of it. You'll feel better!



*Stretching © 2000 by Bob and Jean Anderson. Shelter Publications, Inc.*

The Holbrow Group challenges you to start or add these exercises into your daily work routine and in no time you will see and feel the difference.

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David Reesor is a Certified Personal Trainer with a diploma in Fitness and Health Promotions from Humber College. David is passionate about health and fitness and the drive to always be better. He has a contagious enthusiasm that instills a personal fitness and health ethic in his clients. He can be reached by contacting Traci Kerfont (Traci@TheHolbrowGroup.com), 905-301-2264 or djhreesor@gmail.com

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