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## **We are all corporate athletes**

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When was the last time you thought of yourself as a professional athlete? Take a moment and think hard about your answer. Don't you constantly need to be at your best? Handle work and life pressures? Perform on demand, no matter what? Access your talents and skills whenever and wherever you need them, **and** while doing all that, still manage your time effectively?



Jack Groppel, in his book *The Corporate Athlete*, suggests that we are all **corporate athletes**, under more pressure with higher consequences for failure, more demands on our time, and with no off season.

Consider the demands of our lives. The need to perform at the highest level, we need the stamina of a professional athlete as the expectations are to deliver results 8-10 hours per day as many as 6 days per week, continuing this extraordinary output throughout a career of up to forty years! And, today's competitive employment environment has left many individuals either unemployed or underemployed, engaged in what can be a fatiguing job search.

### **Exercise can get you that next job**

The truth is we become the caliber of performer we **train** to be. How would you like to have as much energy at 8am as 8pm, to participate in a favorite hobby or follow thru on those job leads? How about being **on** when you need to be **ON**- to ace first impression gauges of stamina, energy and edge? To respond to change, adversity and crisis better, display increased self- confidence and poise in every situation, ultimately performing at a consistently higher level each and every day?

Exercise, even increasing daily activity, can deliver these results and more. Research shows a strong correlation of working out and working up the career ladder. Aerobic exercise releases endorphins (those happy chemicals) that give you the 'go for it' feeling and keeps your spirits up, even in demanding times. Enthusiasm and higher energy levels work in your favor when your job is draining, or the job hunt drags on and on.

NASA found that when compared to the average office worker, whose efficiency declines 50% in the final two hours of the work day, the exercise adherents worked at full efficiency all day. Along with research that concludes fit workers make fewer mental errors and formulate complex decisions better, creating **your** energy strategy plan is simply good business.

Are you retired and think you aren't 'athlete' material? Think again! Using the concepts offered here, you can stay active, energetic and enthusiastic about your new endeavors.

You might be thinking "Hey! I've been active my whole life and now is the time to rest!" A study conducted at Texas A&M reports that many older people feel just that way, but the benefits of regular exercise, at literally any age, are significant and can help prevent and manage almost every chronic disease including diabetes and arthritis.

If you aren't working, (but not by choice!), know that scheduling time for exercise and activity in your calendar while in a job transition can actually help you land that new position by increasing your energy level, encouraging creativity and decreasing job search related stress.

Show up for an interview standing tall, feeling and looking fit and trim, exuding stamina employers are seeking and give yourself the edge!

### **ABC (sidebar)**

The secret is in the ABC's of your day. A stands for Active- an action oriented day where you set aside time for exercise (put it on your calendar) and also add more walking/movement in your day.

B stands for Basic- you may not have done any structured exercise, but you used the stairs, walked to the store and back, did some stretches at the computer and gave up the remote control and walked to the TV to change channels.

C, well, C stands for Couch – you get the picture- perhaps you spent most of your day in your car, in front of the PC, on the phone, in meetings, or working at your desk.

If mind your ABC's, you can give yourself a daily and weekly grade. Active weeks will return productive hours to your day, increase your stamina and creativity – and help your natural enthusiasm show. Everyone, especially potential employers see, hears and feels this energy. Why not *your* personal energy strategy today and revitalize your business and personal life?

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