

## The Perks Of Being Healthy

It does not come as a surprise to find health as a priority of most people today. It is based on the reasoning that stressors abound regardless of the chosen work area. Some even get sick and require to be admitted to the hospitals by their attending physicians because they need rest from such a heavy workload in their offices.

This notion has resulted to the proliferation of numerous eateries trying to serve healthy dishes like organic and vegetarian items, fitness gyms with programs customized for their discriminating clients and supplementary products like vitamin-filled tablets and mineral-packed capsules in the drugstore.

The next few paragraphs will spill the details on the perks that a healthy person can gain if he is consistently subscribing to a balanced diet, maintaining a regular exercise program, and visiting the general physician regularly. Read on so that you can apply them to your life.

The first perk a person derives from being fit and healthy is that he will have a great performance at work. Take note that if you are on top of your game, then it follows that you can do almost everything. Tasks will be accomplished in a faster time compared to your colleagues who are living the sedentary lifestyle. You will also have more passion to work despite the obstacles that you are facing throughout the day. During the all-important business transactions and board meetings, senior executives will definitely see you like an Energizer bunny.

This go-getter attitude will definitely make you stand out from the rest and heighten your chance of getting a raise, and maybe even a promotion. This is surely one temptation that you should keep in mind if you are deciding to strive for a healthier status.

Second, you will decrease your risk of acquiring a lot of lifestyle diseases like diabetes mellitus and hypertensive cardiovascular disease. It is an open secret that the older a person gets; the more prone he is to illnesses. Therefore, it is imperative that when one is young, he should steer clear of poor or wrong nutritional intake such as excessive fat, cholesterol and sugar in the diet. He must also stay active and lessen his time in his cubicle doing nothing. He must walk around the office if he has nothing to do to gain some workout.

Third, you will live longer. Longevity is something that a lot of people aspire for. However, not everyone is willing to do what it takes to reach the ripe old age of 100. If you are fit and healthy, you can do a lot of things. You can travel without the help of a wheelchair or a nurse. You are also free to do a lot of things, like visiting the zoo, taking your grandkids out for a trip on the museum, doing consultation work that is related to your previously-held job and so on.

Fourth, it will aid you in dealing with other people in a more pleasant way. If you are at an optimum level of functioning, you have a clear mind to carry out life-changing decisions. You will also be at ease in daily meetings with your superiors and subordinates. This can lead to a positive aura on your part and you will gain a lot of positive attention and commendations. If you compare yourself with sickly or unhealthy people, you will see that they are like grouches with the proverbial chip on their shoulders.

## About the Author

Miss Lesli is a respected and professional health practitioner. Be sure to read her articles on the [Honeywell HFD 120 Q](#) for better indoor breathing and the one about [Omron HEM 780 Blood Pressure Monitor](#) to make sure you maintain your situation under control at all times.

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