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3 TIPS FOR ENTREPRENEURS TO STAY HEALTHY

July 4, 2012 · by CEO Blog Nation · in Health

It's hard to stay healthy as an entrepreneur. With so much pressure and responsibility, it is hard for entrepreneurs to maintain a healthy mind, body and soul. Entrepreneurs provide 3 tips for being healthy:

Ask for Help, Farm Don't Hunt, Get Out of your Head

Tip 1 - Don't get into the "I Have to Do It All Myself" syndrome. Healthy entrepreneurs know when it's time to reach out and find strategic business alliances or a virtual team to help grow and leverage their business. Tip 2 - Farm, don't Hunt. Healthy entrepreneurs learn and practice the skills of intentional networking to go beyond superficial chit chat at Chamber mixers to discover what others need and how they might be complimentary. Tip 3 - Get out of your head. Healthy entrepreneurs continue to weed out the negative self talk and chatter going on in our brains that tell us "others can't be trusted" or "I'm not good enough" or "Maybe this business just won't work".

Thanks to Paula Vigneault, [Collaboration Soup!](#)

Avoid Processed Foods, Exercise Everyday & Fill Your Cup

An entrepreneur can only be continuously successful if he is healthy. Health is easy to lose. So pay attention. The biggest threats are lifestyle behaviors including overeating non nutritious foods, being sedentary, being chronically stressed and smoking. So pay attention to these by 1) Avoid processed foods. Fill your plate with at least one half veggies and then add some fruit and some protein like good quality meat. Read labels; if more than 5 ingredients or if you don't know one or more, skip it. Eat an apple with tea instead of cookie with the cream and sugared coffee. 2) Get some exercise every day. Walking is excellent. Do it for 25 minutes. Try to add in some weight bearing exercises a few times per week. 3) Since being an entrepreneur is inherently stressful to many, you need to "fill your cup" to resist stress. Using a gratitude ritual daily will be a big help. Before falling asleep, think about what was good today – a bright flower you saw, the smile on your daughter's face, the loving words from your spouse. Be sure it is today's gratitude, not a rote repetition. It really works. These three will make a world of difference. You will feel better, be healthier and be able to do much more of what you love to do.

Thanks to Stephen Schimpff, [Medical Magical Trends!](#)

Take A Break, Peer Support & Regular Exercise

1. Take a break from time to time. Sometimes it's easy to forget that our career is a marathon not a sprint. No matter how much we want to, or think we need to, we can't be around for every meeting and oversee every action. You wouldn't run a machine 24/7 without some preventive maintenance. Taking time off, or at least the occasional long weekend, can be done if you're organised and often makes you more effective and efficient. 2. Peer support is a great way to share your challenges with like-minded colleagues. The feeling of being "lonely at the top" may sound clichéd but it affects us all from time to time. Organisations like TEC can help overcome these feelings as well as helping you continue to grow and prosper. 3. Regular exercise is a must. Even if it is just a walk at lunch time it will help both your mind and your body. Sitting behind a desk all day is dedicated but you likely to feel better and be more creative if you are active



Thanks to Jerry Kleeman, [TEC!](#)