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## Start from where you are now

Last month's "How Healthy Is Your Bottom Line?" was the first in a series of columns that are a guide for business owners and leaders to create a healthy, more productive work force and improve bottom line performance.

Each topic is relevant to businesses — as well as individuals, families and communities. In West Virginia, obesity, heart disease and diabetes are common. This is a great place to live and raise a family, but a difficult place to become or stay healthy.

The reasons are geographic, economic or cultural — some of which we can do little about; others are within our control. We have a stake in improving not only in our individual health but that of our families, communities and workplaces.

The first two steps introduced last month are available to be viewed online at [http://www.register-herald.com/archivesearch/local\\_story\\_341230411.html](http://www.register-herald.com/archivesearch/local_story_341230411.html) or at <http://www.bodyworkshfr.com/page.aspx?id=31>

Now, on to step three. Where to start? By discovering where you are today.

As leaders and business owners, we must identify our daily patterns, as well as those of our associates.

### HEALTHY BOTTOM LINE



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Sunday

January 11, 2009

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# Money

THE REGISTER-HERALD

#### Do you and your team:

- Have a positive or negative track record for punctuality and sick days?

- Need to gain or lose weight?

- Display high or low energy throughout the day?

- Easily support one another, ignore or interfere?

- Demonstrate enthusiasm or resignation about work and life?

- Exhibit healthy or unhealthy beliefs? (I can make a difference vs. I can't change the way things are.)

#### Do you:

- Eat well, including healthy snacks (even at meetings), beverages and an energizing lunch?

- Get enough physical activity — walk, work out, dance or play sports?

- Take periodic breaks to stretch, get some fresh air, stroll or clear the mind?

- Get adequate "connection" with colleagues, family, friends or community?

- Make restorative use of free time to do something fun or relaxing, get refreshing sleep?

Since October, I have financially rewarded employees for logging, rather than jogging. Simply recording what you (or your team) are doing on a daily basis improves performance. It doesn't have to be complicated. Each day as you do something, log it. Write down what and when you eat, water intake, physical activity, what you do, sleep, television time and so on. (Download a Daily Snapshot from <http://www.bodyworkshfr.com/page.aspx?id=29> for easy tracking and share it with your team.)

If you forget, write down what you remember from the day before. Once you get a week of information, review it and see what you notice, then do another week. At the end of two weeks, you'll be able to see how what you are getting is a result of what you are doing; then you're in the position to determine what's next on the journey to better health for you and business.

So what will you do this month to make your bottom line healthier?

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