

SUCCESS

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SECRET

Take Excellent Care of Your Physical Health

The key to happiness is a sound mind
in a sound body.

—THEODORE ROOSEVELT

WE ARE LIVING at the most wonderful time in human history in terms of longevity and physical fitness. You can live longer and live better today than has ever before been possible. You should aim to live to be 80 or 90 or even 100 years old, in excellent health, and you can do it if you decide to.

First, set a goal to live to be at least 80 years old. Then, look at your current health habits and ask yourself whether or not the way you are living today is going to get you to the age of 80 in great shape.

There are three keys to living a long, happy, healthy life. The first is proper weight. Set a goal to get your weight under control and then remain lean and fit for the rest of your life. There is a five-word formula for weight loss and physical fitness. It is simply this: "Eat less and exercise more."

The second key is proper diet, and the key to a proper diet is to eat better foods and fewer of them. Eat more lean proteins, fruits, and vegetables. Eliminate desserts, soft drinks, candy, and anything else containing sugar from your life. Stop consuming extra salt and stop eating white flour products. Eat smaller portions and eat four or five times a day rather than three large meals.

When you can take complete control of your eating habits, you will find it easier to take control of your habits in other parts of your life as well.

The third key to long life is proper exercise. This requires that you engage in vigorous physical activity approximately 200 minutes per week or an average of 30 minutes per day. You can get all the exercise you need by going for a brisk 30-to-60-minute walk three to five days per week. If you are really serious, you should join a health club or get some fitness equipment for your house and work out even more vigorously.

The key to excellent physical health and long life is to set clear, specific goals for your levels of health and fitness. You must make a plan and then follow

your plan every day. This commitment to health requires tremendous self-mastery, self-control, and self-discipline, but the payoff can be extraordinary.

If your financial goal is to achieve a net worth in excess of one million dollars, your health goal should be to live as long as possible so that you can enjoy a wonderful lifestyle with your money.



ACTION EXERCISE

Identify one health habit that you need to develop to enjoy higher levels of health and energy. Perhaps it is eliminating desserts altogether. Then, set this as a personal challenge and resolve to discipline yourself until your new health habit is firmly entrenched.