

HEALTHY
COMPANIES
INTERNATIONAL



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READ a complimentary copy of *Execute One Down at a Time* with Bill Johnson, Chairman, President and CEO of H.G. Heinz Co.



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Healthy Companies is a global management consulting and research firm dedicated to driving the CEO's Agenda.



THE HEALTHY LEADER

Prescriptions for growing a healthy company



Do you listen to your body?

"This job is killing me." You might be right. A Tufts Medical School study found that 40 percent of *Fortune 500* executives are obese, while three-fourths live a sedentary lifestyle, putting themselves at risk for diabetes, heart disease and a host of other life threatening conditions.



How's your physical health? [FIND OUT HERE](#)

What Great Leaders Know

Great leaders know that robust physical health gives you the energy and stamina to tackle big challenges, rebound from setbacks, and deliver great results.

Here are some keys to staying physically healthy, even while working a high-stress, demanding job:

- **Prioritize.** Make maintaining your physical health at least as much a priority as fulfilling quotas and meeting deadlines. After all, if you sacrifice your health, no one wins.
- **Listen.** Heed the messages your body sends. Take notice of even mild symptoms like heartburn, headaches, blurred vision or sluggishness. Note any sensation that suggests you're not in the pink.
- **Manage.** You know what to do... Exercise. Eat right. Rest. Get regular medical attention. This year, use all your management skills to make it happen.

"I just turned 60. You don't know anybody younger at 60 than me. I mean, I can run with most of the guys who work for me... guys who are in their 40s. I can also outwork most of them."

— **Bill Johnson**

Chairman, President and CEO,
H.J. Heinz Co.

See [How to Improve Your Physical Health](#).

Will you set the pace?

Your choices reverberate through the organization. By choosing to be a physically healthy leader, you set the pace for a physically healthy organization.

Ask yourself ...

- What signals is my body sending me?
- What consequences might I experience if my physical health fails?
- How might improving my physical health impact my emotional, intellectual, social, vocational, and spiritual health?

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