

Good Health – Great Life

Being successful is not just about what is seen.

by **Jim Bellacera**

666 words | 3 pages



Being successful is not just about what is seen. There is plenty of evidence to support that living a healthy lifestyle can help improve clarity of thought, provide greater energy and a better quality of life. Consuming healthy foods and nutritional supplementation, getting regular exercise and quality rest is what your body needs to function at its optimum. A healthier life aids in reducing anxiety, stress and depression.

Imagine yourself as a Ferrari. Owners of a car like this know that in order to maintain its peak performance it requires a higher level of maintenance and care; filling it with only premium fuel and oil and hiring the best technicians available.

Sadly enough, most people treat themselves like a used Volkswagen leaving them unprotected from the elements of the world. Yet they want the beauty and lifestyle of a Ferrari. If we mistreat our body, we will never have the life our body was created for. The wonderful thing is it's never too late for a major tune up. You need to invest in an extended lifetime warranty.

Optimizing your health makes you sharper and more alert, resulting in better decision making, having more confidence and a better self image. Living a healthier lifestyle can increase

your wealth by gaining respect, making you more attractive to potential clients and business associates.

I believe from all the reading I have done, all the health related seminars I've attended and all the doctors and nutritionists I've talked with that there is a direct correlation between eating right and exercising, having more energy, reduced stress and a healthier all around well-being.

Many people who are success driven often forget their most important asset, their body. You won't get far running on empty.

For those of you who are success driven, I am sure you want to be around to enjoy the fruits of your labor.

Answer the following questions:

1. How often do you eat out per week? _____
2. Do you eat junk foods? Yes _____ No _____
3. Do you drink caffeinated drinks and/or sodas? Yes _____ No _____
4. Do you exercise on a regular basis? Yes _____ No _____
5. Do you stay up on health trends and apply them to your personal life?
Yes _____ No _____

If after answering these questions and you feel it is time to take control of your health by modifying your lifestyle, take the time now to make a list of the daily/weekly changes you will make.

Example:

I will start exercising three times a week.

I will reduce the number of times I eat out and make healthy choices when I do.

I will get a good night sleep on a regular basis.

I will invest in my health by taking nutritional supplements and eating right.

Recommended reading:

• **Natural Cures "They" Don't Want You To Know About** by Kevin Trudeau

- **Fit for Life: A New Beginning:** The Ultimate Diet and Health Plan by Harvey Diamond
 - **Diet for a New America:** : How Your Food Choices Affects Your Health, Happiness, and the Future of Life on Earth by John Robbins
 - **“The Perricone Promise”** by Dr. Nicolas Perricone
 - **Body by God** by Dr. Ben Lerner
-



Jim Bellacera believes most people go to their grave living quite desperate lives without ever really knowing what they could have done to make it more meaningful and full of purpose or what positive contributions they could have made because they were afraid of the unknown. The unknown will always be present but you have to take a step in faith. Jim likes to tell people to draw a line in the sand and step over it and to never look back until you have achieved your goals. See more about Jim at <http://successfulthinkersnetwork.com/stn/>