



# Is Your Job Killing You?: Workouts that reverse the effects of corporate life

Howard Waldstreicher

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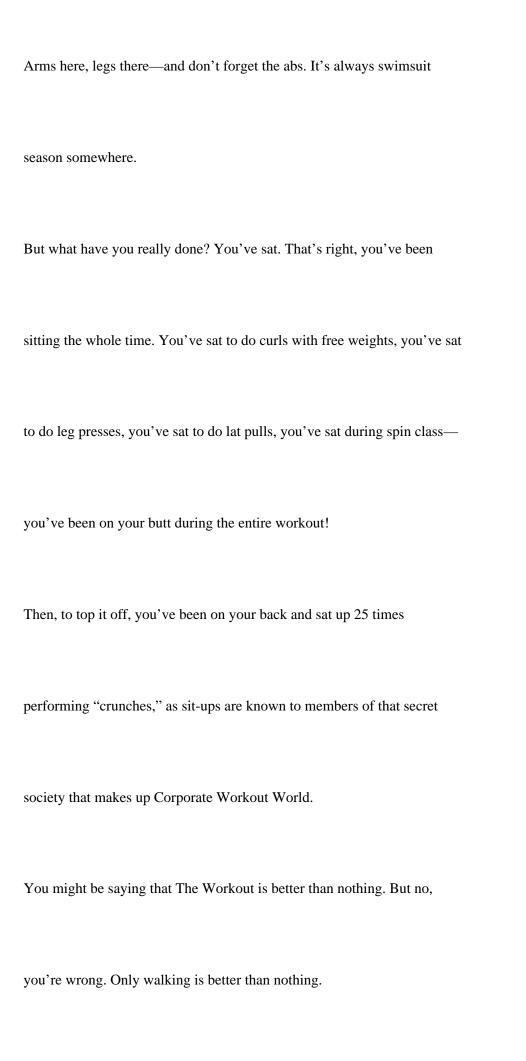
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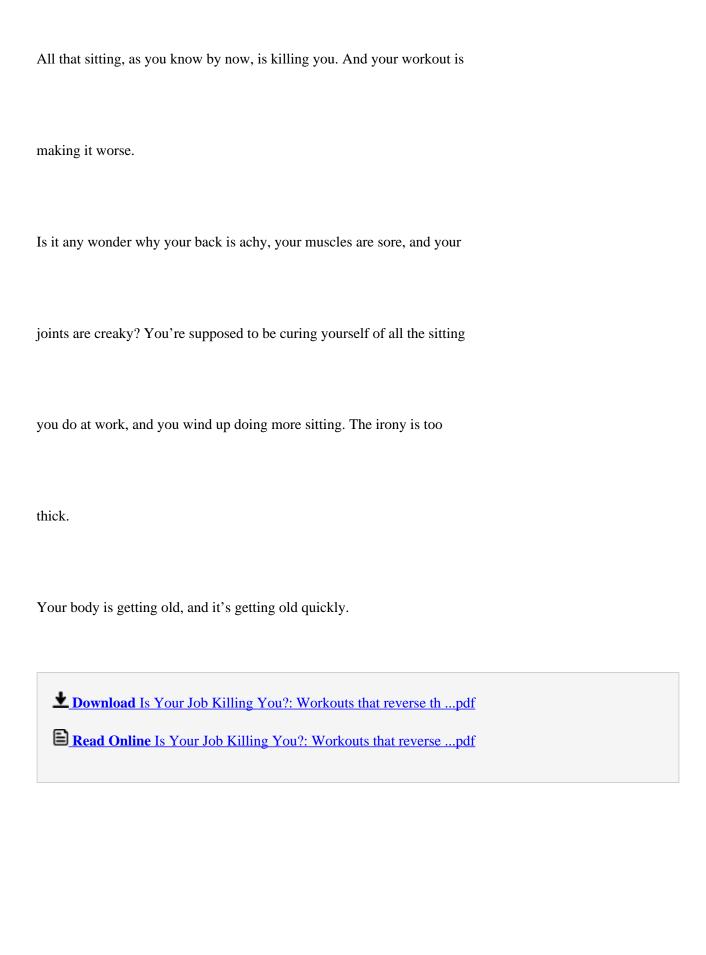
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The "business benefits" you can get from exercise are legion, which is
why your company provides a gym or a gym membership. But sending
you there is the worst thing your company can do to you.
Your company means to help. Your HR department and the big cheeses
in the C-suite want to do something good for you, but sending you to do the
corporate workout (The Workout) is not good for them, you, or your company.
The truth is that many successful Americans get physical activity, but
they don't get the right kind of physical activity. One in four Americans
does absolutely no exercise. Yet, "exercise is the single best thing" a

professional like you can do for mood and memory, according to Business
Insider. A lot of businesses are furnishing stand-up desks for you, which
is fine until you head off to the gym, sit down, and toss all the benefits out
the window.
Wait a minute! Shouldn't you get to the gym and break a sweat?
No! Never!
So how is success killing you?
Whether you work at some big, faceless, multinational corporation or
you've built up your own business, the perk of a gym in the building or

a membership somewhere offers only The Workout. The Workout takes
place in a room filled with free weights, weight machines, and TVs to
take your mind off the drudgery of whatever exercise you're performing.
There's also spinning, treadmills, benches, inclining sit-up boards, and
mirrors. Lots of mirrors. Got to have those mirrors to admire yourself.
The Workout takes an hour to complete, usually more, and that's Problem
#1. Be honest with yourself: do you really have this kind of time to spend
on a workout? With your schedule? With your deadlines? With all that's
expected of you? At work? At home?
While trudging your way through The Workout you move from station to
station, convinced that you're working all your important muscle groups.





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