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Managers: Go out for a walk

Amid aggressive marketing of unhealthy foods and an increasingly *sedentary* environment, there are more overweight property managers today than at any other time in our history. If the trend continues, today's property managers *will not survive* in this competitive marketplace. There are dire consequences for property managers with poor work style choices. The couch/office potato routine of most property managers needs an extreme makeover!

Did you know that according to the National Center for PM Health Statistics, six out of 10 property managers are overweight and obese? Need we look any further than our own waistline to affirm this grotesque statistic?

Consider the following startling bits of data:

More property managers have diabetes than ever before.

More property managers have acid reflux, ulcers and stomach problems than ever before.

More property managers have chronic fatigue than ever before.

More property managers have insomnia than ever before.

More property managers suffer from depression, stress and anxiety than ever before.

Did you know that only a reported 22 percent of property managers exercise regularly?

That is tragic because property managers should be among the world's healthiest people.

But *good news* is here!

Unlike most exercise and diet resolutions that last "at best" until the end of January and then are forgotten, the "PM out for a Walk" work style plan is the only real long-term solution



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for property managers who want to stay alive and working now and in the future.

Here are the delicious, mouth-watering details:

1. Purchase the door hanger "PM out for a Walk."
2. Schedule one hour per day — mandatory!
3. Hang "PM out for a Walk" hanger on your door and get your oversized rear end off your potato-making chair.
4. Show up at one of your properties. It has been said that success begins by simply showing up! Get natural sunlight! Your body needs sunlight. The sun enters the eyes and stimulates energy in the entire body.
5. Now, start walking! I emphasize taking baby steps! Property managers who haven't had a walk for years may want to start with a 10-minute walk every other day. The path to health is taken one step at a time. You will be absolutely surprised what you will see, hear and feel. You just might find numerous trip hazards during your leisurely stroll around and in your properties. Just 60 minutes a day promotes incredible health and financial results. Remember, solar energy reduces depression and strengthens your immune system. Don't be misled by corporate: Sun is good for you and it is absolutely needed. Just ask those few (22 percent) property managers who get out of their

offices and exercise regularly at their properties!

6. No walking the path alone. You must — at all times when "on the plan" — walk with each and every one of your tenants, your building engineer, a leasing agent and, if time permits, your building owner!

7. Adhere to the "talk test." Exercise that is too intense can be dangerous. If you cannot carry on a conversation while walking, slow way down — take a deep breath and smell the roses. Listen, listen and listen!

8. Always take the stairs. It is amazing what you find living in stairwells.

9. Eat a healthy lunch with one of your tenants, your building engineer, a leasing agent and, if time permits, your building owner! Except in instances of specific food intolerances, eating with tenants should be a daily staple of every property manager's diet. Absolutely *no* eating alone! Savor lunch with someone special. It's true, an apple a day with a tenant keeps the doctor (tenant rep brokers) away.

The personal benefits of being healthy should be obvious. Fit property managers generally live long, high-quality lives. Unhealthy property managers don't. Good jobs, building skills and brighter futures await each and every property manager who faithfully adheres to and lives the "PM out for a Walk" work style plan. Investing in one's retirement makes sound economic sense. Yet the golden years may turn to tin if financial security is not accompanied by physical health. I think I am beginning to carve out "six-pack" abs!▲