



# Corsini's Point of the Week™

December 7, 2009



## Get Fit! Part 5 of 7

How's this for a head start? One month before the rest of the world begins to obsess about new fitness regimens (think New Year's weight-related resolutions), **I'm suggesting we get moving.**

Let's focus on **fitness** before everyone else makes a run on the nearest gym, as happens every January. Why? Well, it's one of my **7 F's of True Success**, for one reason. For another, it's just a really good idea.

The 7 F's are all about a whole-person approach to work and life (to review them, go to [www.corsini.com](http://www.corsini.com)). With this big picture in mind, **I encourage you to look beyond mere physical fitness. This is more than simply getting in shape (or getting a previous shape back).** It's more than mirror images.

Here at CCG, **we believe fitness involves physical and emotional wellbeing.** Sure, being physically fit makes us healthier. Exercise tones our muscles and helps reduce, or even eliminate, a great many ailments. **But for lots of people, the secondary benefit of reducing stress and anxiety might be the most important of all.**

You can be physically fit yet emotionally empty; you might look great but still feel bad. That's not unusual. The current financial turmoil in our country has resulted in uncertain times. Many people are anxious and stressed. But here's something that is certain: **There is no better (and healthier) way to calm the body (and mind) than with exercise.** Stress wreaks havoc on our bodies in a physical and emotional way. All kinds of studies have shown the harmful effects of a stress-filled life.

**Another great way to promote and achieve a healthy physical and emotional outlook on life is through dedicated downtime.** There's a saying, "*Whoever wins the rat race is still a rat.*" That's not what you're after. Take a long walk. Spend an hour in prayer or meditation on a regular basis. Read or listen to a book. Do whatever calms you down and makes you feel better. **Figure out what "fills up your bucket," and then fill it to the brim!**

### QUOTE OF THE WEEK

*"The only way to keep your health is to eat what you don't want, drink what you don't like and do what you'd rather not."*

— Mark Twain

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### CORSINI'S POINT

Whether you're 19 or 91, being fit—physically *and* mentally—is one of the most important things you can do for yourself and those you love. But this kind of fitness requires a lifelong commitment to exercise and a healthy lifestyle. You have to make a promise to yourself to get moving and keep moving.

Get outside, and walk! Train for something bigger. Get your kids or a friend involved. Spend time doing the things that are emotionally satisfying to you. If you need help getting into a better frame of mind, get that help. Being physically and emotionally fit means you can really enjoy the success you're achieving. It's how you Do What You Do Better.

## DO WHAT YOU DO BETTER with Corsini Classroom Essentials

Did you miss the recent Social Media Conference? Or do you want to replay some of the expert advice you heard that day? Either way, you're in luck. CCG has produced a special DVD of the event.

You'll hear **David Brasfield, founder and CEO of TriNovus**, talk about how he's using social media for public relations, marketing materials, business development and turning leads into customers. ([www.trinovus.com](http://www.trinovus.com)) **Kara Kennedy, director of external affairs at Samford University's Brock School of Business**, discusses the various social-media tools available today and how to incorporate them into your company's overall marketing strategy. And **Brian Cauble, co-founder and CEO of Appsolute Genius**, talks about how to take "offline" relationships online using the latest social-media techniques. ([www.appsolutegenius.com](http://www.appsolutegenius.com))

The DVD is only \$49.95 (that's a significant savings off the list price of \$99.95). To order yours, go to [www.corsini.com](http://www.corsini.com) then click on the EVENTS link.

For information on upcoming (and ongoing) Corsini Classroom Events, contact Marc Corsini at [marc@corsini.com](mailto:marc@corsini.com) or call him at (205) 879-0432.