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Why Working-Out is Crucial When You Work At Home

By Dee Ideeut

When you work at home you will find yourself often "tied" to a desk, sitting on your "rump" for hours at a time. Not the most physical activity I'd say

In order to make certain that you always maintain a peak level of productivity, it's vital that you get some sort of exercise. It's so important in order to stay focused and moreover, just to maintain a good level of physical fitness.

Remember this is YOUR business, there are NO sick days allowed. Now more than ever, it's vital that you get pro-active about your health. Your business and YOUR family depend on it!

Soooo you know what to do...u gotta EXERCISE!!!

I make my work-out part of my work schedule. Despite what the TV ads portray, we all know that working-out is NOT fun. If you associate it with recreation or a fun activity, you will learn to hate it because it's definitely NOT fun!

I get so annoyed when I see commercials on TV with people working out and smiling and laughing, just having a grand 'ol time. For God sake, they don't even sweat!!! Man who u foolin'...WORKING OUT SUCKS!!

I HATE the thought of working out, but I absolutely LOVE having worked out. And that my friends is the KEY.

The ends justifies the desire. I look at the results and that is what solely drives me to keep on doing it. Now it's actually gotten to the point where I "like" doing certain exercises; however, I still can't stand the "thought" of having to work-out.

Because I hate thinking about it, I've made it part of my work schedule so that I don't think about doing it anymore. It's just a regularly scheduled work task that I must do, just like all other work tasks. I actually have it programmed into my Outlook to remind me everyday!

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Now everyone has their own idea of what exercise, or exercise program, works best for them. Some people go for walks, others jog and others go to the gym. But I work out in the comfort of my living room and I suggest, as a work-at-home pro, you do the same.

When operating a home-based business, your time is everything. Working out from home saves you loads of time, by not having to pack-up and get out of the house, drive to a gym, wait your turn for apparatus, shower, change clothes, etc. It just makes sense for people who work-at-home.

Whatever you do, just get off your caboose and start moving!

You can read more about the

<http://www.starting-a-home-business.org/exercise-programs.html>

work at

home exercise program I used to lose 25lbs. in 6 weeks.

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Duh Idiot's Home Biz Start-Up Guide – The "Idiot's" on-line resource for starting a home business

Crucial v Not Crucial

By Dr. Donald E. Wetmore

Crucial v Not Crucial by Dr. Donald E. Wetmore

We all have "too much to do". True? Sure 'nuf. And that says a lot of good things about you. That you have "too much to do" suggests that a lot of people have entrusted much confidence in you. I mean, people who are drifting about early each afternoon begging co-workers for something to do, may not have earned that confidence from others. And this applies not only in our work lives but in our personal lives as well.

But this creates a double-edged sword. On the one hand, it's

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great to enjoy the confidence of others. Yet, having "too much to do" often creates the stresses and distresses that may reduce your overall productivity.

I divide our responsibilities into two categories: "Crucial" and "Not Crucial". Crucial items give us the "biggest bang for the buck" for the time spent and is the most productive use of our time. It is the logical use of our time. "Not Crucial" gives us emotional relief. It's doing the little things, the junk mail, desk dusting and the like, that, while necessary, do not really advance our daily success very much.

When we accomplish the "Crucial" things in our life we are doing "business" v "busyness". We are making progress versus wheel spinning. Have you ever had a day when you were busy the whole daylong but when you got home that night you knew you had not accomplished a darn thing? (We can fool the world sometimes but we cannot fool ourselves.)

Doing the Crucial things builds up our self-esteem and our motivation level. Ever notice when you've had a really productive "Crucial" day how that positive momentum carried forward into your evening hours? You are more inclined to do the woodworking, spend time with the kids, or work on hobbies, when you've had a great day. But when you've had one of those "Not Crucial" days, the motivation and momentum levels are reduced and when we come home that night, many of us just want to block out the day with that all important exercise, "click, click, click", the sound of the TV remote device, surfing us through a multitude of channels that fail

to grab our interest.

I really believe that most people, intuitively and instinctively, want to be good time managers. It makes sense. The better we manage our time, the more results we will enjoy. It's the logical choice.

So let's say it's the start of your workweek and you have a lot of "things to do", some of which are "Crucial", some "Not Crucial". Intuitively and instinctively you and I want to be good time managers. Therefore, where does our attention gravitate towards? Do we focus on the "Crucial" or "Not Crucial" tasks? The "Crucial"? Sure! Logic tells us

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that. The more "Crucial" things we do, the more productivity and success we enjoy.

But, you know what? When given a choice between "Crucial" and "Not Crucial" items, we will almost always do the "Not Crucial" items and ignore the "Crucial" items in spite of the fact that we all want to be productive in our day.

Why?

Because we are driven more by emotion rather than logic.

You see the "Crucial" items are typically longer and harder to accomplish. The "Not Crucial" items are typically more quick and fun and emotionally satisfying.

We need to get over to the "Crucial" side more often to increase our personal productivity.

Get your free copy of "Power Prioritizing" which gives you simple tips to more effectively prioritize your day. Get yours now. Email your request for "power" to: ctsem@msn.com

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