

Dr Dorian Dugmore Phd



The Corporate Athlete

Dr Dorian Dugmore has been working in cardiovascular medicine and wellness for 30 years and has written extensively on health, exercise and heart disease.

In today's performance orientated world there is a real need for individuals in pressurised positions to be able to deliver results day in and day out. This requires individuals to be in the best possible shape, whether playing a sport or managing/running a business. Too often in the chase for success, personal wellbeing is neglected, often with the potential for serious health consequences.

A LONG DISTANCE EVENT

Olympic athletes, although having a clear focus on world-class performances, often have a limited amount of time to perform at the top level. Sir Steve Redgrave (Rower) and Mark Phelps (Swimmer) are two notable exceptions, which makes them legendary in their respective sports. However the corporate athlete can often be looking at a career that has the potential to span 40 to 50 years! Throughout this time, to stay at the top they need to consistently perform at their best. It's a long distance event for sure.

WHAT ARE THE WELLBEING FACTORS THAT CAN CAUSE POTENTIAL PROBLEMS

Well it's not clear cut but constant stress is a factor that needs to be addressed. If not dealt with

successfully its negative effects include, high blood pressure contributing to potential heart problems and stroke, elevated blood sugars raising the risk for diabetes, increased production of acids in the stomach causing potential stomach upsets even ulcers, changes in blood cholesterol raising the risk for coronary heart disease and a host of other issues including dangerous heart rhythms that could be life threatening.

Lack of moderate exercise on a regular basis can simply contribute to clogging up the system, particularly the blood vessels and create the potential for blockages in the heart and brain. High intensity and sustained exhaustive exercise contrary to belief is NOT the best antidote, it can carry risk particularly if you're not really fit. Settle for more moderate intensity

exercise, boosting endorphins and their cardio protective benefits.

The corporate athlete should know their key health numbers just as they know their own sports performance numbers. These include blood pressure, cholesterol, blood sugars and some less common numbers that include inflammatory markers like C Reactive Protein and Homocysteine. Monitoring your heart rhythm with an ECG is also valuable to check for any rhythm disturbances or lack of oxygen going to the heart during exercise. This together with an echocardiogram to check for any structural or functional abnormalities of the heart wall is a good idea too.

As a corporate athlete ignoring warning signs that all is not well can be a potential ticket to

disaster. Listening to your body and possible warning signs is vital. Poor nutrition and poor hydration also has a cost. After age 35-40, the famous Cleveland clinic based in the USA recommends five to six smaller intakes of energy via healthy snacks and meals per day, low in saturated fats, balanced

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protein and complex carbs to keep energy levels high. Also juicing (mixing fruits and vegetables) and taking the right supplements and vitamins is useful in maintaining health and energy.

The end game has to last the distance, as a business leader, golf professional and/or golf executive with health, fitness, happiness and success; this is the mark of a true corporate athlete.

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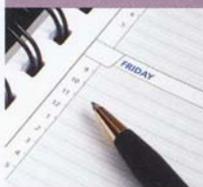
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So what's the remedy to lasting the distance as a corporate athlete ...



Learn to chill for 10 minutes everyday with deep breathing techniques that help regulate heart rhythms and promote good health



Make an appointment in your diary to take regular moderate exercise (two to three hours a week)



Know your own 'wellbeing profile' through measuring key health numbers on an annual basis



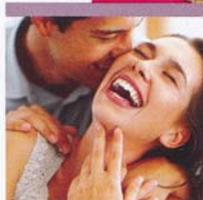
Listen to your body and be aware of your own internal warning signs, and act rather than ignore symptoms of ill health



Eat nutritious healthy food low in saturates and trans-fatty acids, with a balance of protein and complex carbohydrates for slow and sustained energy releases



Drink 8 to 10 glasses of still water every day, keep hydrated through checking the colour of your urine (it should be light and transparent in appearance, not dark)



Allow laughter and happiness to percolate into your day and practise three random acts of kindness showing benevolence to those who work with you; it helps build teams and protect health