

urbanFITT

IS YOUR RELATIONSHIP WITH WORK MAKING YOU UNHEALTHY?

All too often we get caught in looking for THE next thing that is going to solve our issues with being healthy.

- * It may be the hottest new cleanse (AKA diet) our work mate told us about.
- * It may be just the right gym that is walking distance from our home or work.
- * Or finding someone to work out with...
- * A fitness video...
- * Food allergy testing to explain away our bloat...
- * A supplement that will help us sleep at night so we don't overeat during the day...
- * Or maybe we are going to go off dairy and caffeine

What we really need to do is take a MACRO look at ourselves through the lense of self awareness and see the bigger issue behind our challenges.

If there was one word to describe the overriding value in the Big Smoke it would be WORK. We like to work a lot. Most people have major issues setting boundaries between their work life and home life. There's a pretty good chance that your work is taking priority over your health.

Does your attitude and relationship to your work interfere with your ability to be healthy?

Here are some questions to consider:

- 1) Are you constantly afraid you might lose your job so you take on more and more? (the recession has made this a real fear for some people)
- 2) Do you eat at your desk and work straight through lunch?
- 3) Do you check email and work after dinner?

- 4) Do you find you're consistently canceling exercise commitments because something came up at work?
- 5) Do you regularly answer emails while on family outings or interrupt conversations with friends to answer work emails?
- 6) Do you have a hard time sleeping at night because you're worried about work?
- 7) Do you fantasize about escaping and selling everything and starting an organic farm on a regular basis?
- 8) Do you use your work environment and the food temptations around you at work to justify your obesity?
- 9) Do you feel you drink too much but don't feel like you have a choice because it's part of your work entertaining?
- 10) Do you fantasize that your work is harder than everyone else's and therefore, think you're more justified than others for your inability to consistently exercise or eat well?

If many of these questions are ringing true for you, you might want to put that 'eat for your food type blah blah' book down, ditch your next cleanse, and start taking a look at your big picture.

Going into our health issues on a micro level will allow us to stay trapped in our current global life struggles.

Our issues with staying healthy are more a bi-product of other issues.

I don't have the answers for you.

I just know from first hand experience that the extra slice of pie is sometimes not just about the pie. And that lack of exercise often goes hand in hand with another larger unhealthy behaviour or thought process.