



It is not always about business...Take a step back to help keep yourself in the game

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I was searching for a topic to write about and thought, "Instead of writing about the build-up of available real estate inventory and how customers are reacting to the current real estate market, or the excessive amount of time it takes to complete a real estate transaction in this market, I would like to take a step back and talk about the steps we need to take to help keep us in the game and add value to the daily grind."

It is essential to keep fit both mentally and physically in order to keep our energy levels up and reduce the stress we face every day. Physical activity-going to the gym, running or walking, depending on your physical condition-will take your mind off the daily routine. Whether it is golf or a combination of different activities, physical exercise should be done at least three to four times a week. I know, the next question is, "Where do I find the time?" Well, you have to make the time, and discipline is the key. Even those with young families, dealing with the difficult scheduling of play dates and attending sports events, need to set some "me time" aside. Aerobic activity helps both physically and mentally, while also helping to control body weight.

The "newest" fitness craze, Yoga, which has been around for 5,000 years, focuses on many types of stretching and the meditation both of which help eliminate stress and increase blood flow.

Vacations are also very important-not a three day vacation, but at least a week because it takes most of us a couple of days to wind down. and by all means, forget the Blackberry, and under no circumstances call the office. The time away is necessary to be successful and to reenergize. Reading, taking a nap or watching a good movie for even a short period of time can be equally effective in getting your mind off of the stressful issues we face in our daily business lives.

Another excellent way to reduce stress is to enjoy the companionship of a pet. According to research conducted by many health organizations including the Centers for Disease Control and Prevention, pets can increase your opportunities for physical and outdoor activity, socializing with others and as a result, decrease your blood pressure, cholesterol and triglyceride levels.

For those who might have some physical ailments such as minor arthritis, allergies or diabetes, being in your best physical health can help you keep some of the symptoms at bay and control others from progressing. And, there are some many ways you can keep your body in condition without causing joint pain, injuries or allergy flair-ups. Swimming, for example, is one of the best all-around conditioning exercises for everyone since the water and buoyancy's eliminates the stresses associated with weight-bearing exercises. Many local gyms, colleges and Ys have dedicated times for lap-swimming.

If you are into exercise with the added element of music, Zumba might be a great option for you. It's an upbeat exercise/dance routine that really works every muscle in the body to the beat of fast, energizing Latin and international music.

Last but not least, let's not forget to laugh. Research has shown that there is nothing better than a good belly laugh, so go out, enjoy yourself and become social.

Make no mistake, the points I am referring to in this article are part of my daily life. Besides running three to four times a week, I also engage in at least two to three Yoga sessions per week. It took me many years to understand what I have mentioned and frankly, I regret it took so long. Consider this to be my most valuable advice offered to you for free. And, to borrow Nike's well-known tagline, "Just do it!"

Ralph Perna is an executive managing director at Newmark Knight Frank, Melville, N.Y.

New York Real Estate Journal - 17 Accord Park Drive #207, Norwell MA 02061 - (781) 878-4540