

# BUT WHY DO THEY ALL WORKOUT?

*It's 12:20pm. Just as you are about to have a quick lunch, several of your colleagues are leaving the office with their sports clothes on their backs. You wonder. What about me? But you don't have the time anyway. Even though you know deep down that «exercising is good for your health».*



Passion, hobby, health, the reasons for “practicing a sport” or simply “working out” are numerous and undoubtedly specific to each individual. The consequences of this activity on each individual are more universal. Negative, as with any good thing that is abused. But also - and above all - positive in terms of self-confidence and productivity.

## Believing in ourselves

Indeed, when we practice a regular athletic activity, we quickly notice significant improvements in our physical abilities such as running longer, lifting heavier weights, improving our coordination.



This progress has a positive impact on the mind, as it illustrates that we are all capable of achieving goals, sometimes even exceeding them. It also helps to develop a certain amount of fighting spirit. A quality that is particularly sought after in the professional world.

## Gaining soft skills

Sport can also help us to assert ourselves in the social context. Sporting activities lead to interactions, whether with teammates, opponents, hierarchical bodies (referee or coach) or spectators. Communication, cooperation and conflict resolution are thus regularly involved in these triangulations, one-tuos and games of chance. This type of skill can be transferred to other areas of life, such as work, where confidence plays a key

role in professional success. In fact, have you ever had a recruiter ask you about your sports activities during a job interview? This kind of exchange can indeed bring out very valuable information about your personality.

## Keeping your mood up

It is well known that sport improves mental health, increases well-being and reduces stress. We are all familiar with tight deadlines, overwork and pressure. If practicing sport does not solve everything, it will at least smooth out some of the rough spots. By releasing endorphins (our “feel-good” hormones), sport can relieve stress and reduce our anxiety.



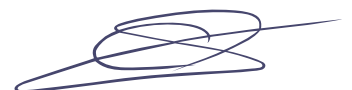
## Developing your vision of the game...

But that's not all, being involved in a club or on the field can also require planning, time management and problem solving skills. The transfer of these skills to the professional sphere is obvious, whether it is project management, time management, decision making or strategy development and implementation.

## ... and its productivity

Finally, sport has of course a positive impact on productivity. Studies have shown that sportsmen and women are more productive than sedentary non-sportsmen and women. This is all the more true when you add to this first step a regular practice. This increases concentration and the ability to process information, and therefore performance at work.

A bit of physical exercise? Try it out! Set personal and professional goals and measure your progress! However, be careful to avoid injuries and beware of the excesses of excessive sport. A final note of caution that can also teach us a lot about ourselves and our limits.



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