

# President's Message

## The Vital Link Between Owner Health and Business Success

**While it's easy to get caught up in the daily grind of running a business, neglecting personal health can have far-reaching consequences, not just for the individual but for your business as a whole.**

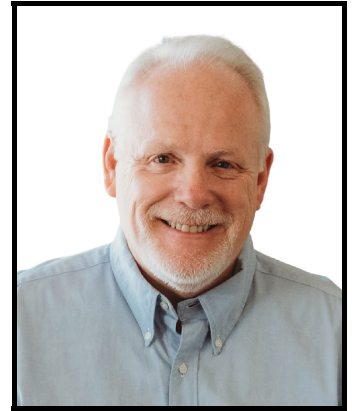
I speak from experience on this matter. In our family, the year started off very shaky—first Covid, the flu, a broken foot, chronic migraines, and other health issues requiring extensive monitoring. Yes, all these things definitely impacted our ability to be present in leading our business!

One thing I have realized this month is how difficult it is to be an effective leader when you are having physical health issues. When you are healthy, you are better equipped to handle the stresses and demands of the organization. Regular exercise, eating right, and rest are important to maintain mental clarity, emotional stability, and sustained energy levels. When you prioritize your health, you're better positioned to make sound decisions, foster innovation, and inspire your team members by setting a positive example. I strongly believe that you need to be present in your business for it to be successful—not only for yourself but for your team and customers as well.

Studies consistently show a strong correlation between employee productivity and leadership health. When leaders are healthy and engaged, they're more adept at creating a supportive work environment, nurturing talent, and fostering a culture of well-being within the organization. This, in turn, leads to higher employee morale, lower absenteeism, and increased retention rates—all of which contribute to enhanced operational efficiency and profitability. Your health directly impacts your organization's bottom line!

I urge each of you to take care of yourself, schedule an annual physical, and spend some time working on your physical and mental health. Neglecting personal health can have devastating long-term consequences, both for you as an individual and your business.

**Stay healthy and I hope your registers are ringing loudly in February!** ♻️



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