

The Crucial Link Between Personal Wellness and Business Health

Business owners must recognize that their personal metabolic health is as essential as their business health.



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As a serial entrepreneur, I have interviewed numerous business owners and discovered an interesting pattern. While these owners were relatively well-informed about their business health, they seemed to need to be more knowledgeable about their own metabolic health. This realization prompted me to delve deeper into the significance of metabolic health and its impact on overall well-being and business performance.

When I asked business owners about their business health, their responses were generally on point. They confidently shared details about their finances, sales figures, gross margins, and overall business culture. Many had established standard operating procedures (SOPs), key performance indicators (KPIs), and other operational guidelines that they diligently followed. However, regarding sales and marketing integrations, some owners needed more accuracy in their understanding. Additionally, the customer experience aspect received mixed responses, with varying levels of awareness among the owners.

Curiously, confusion and surprise filled the room when I shifted the focus to their metabolic health, particularly their latest blood makeup, including triglyceride, blood sugar, and HDL levels. While business owners could readily recite their business health numbers, they needed to be made aware of their own metabolic health conditions. They needed to give more thought to their personal, team member, and business health.

However, a light bulb switched once I explained the significance of metabolic health and its impact on overall well-being and business performance. It became clear to these entrepreneurs that neglecting their personal health while building their businesses could be detrimental in the long run. After all, what good is a thriving business if the owner's or team members' personal metabolic health is deteriorating?

Metabolic health refers to the overall well-being of an individual's metabolism, including blood sugar levels, cholesterol levels, triglycerides, and body composition. It is closely linked to chronic diseases such as diabetes, heart disease, and obesity. Ignoring one's metabolic health can lead to a decline in physical and mental well-being, ultimately affecting business performance.

Studies have shown that individuals with better metabolic health are more likely to have higher energy levels, increased productivity, and improved cognitive function. They are better equipped to handle the daily business challenges and make sound decisions. On the other hand, poor metabolic health can result in fatigue, decreased focus, and increased risk of chronic illnesses. These factors can hinder business growth and success.

Entrepreneurs need to recognize the crucial connection between personal well-being and business success. Taking care of one's metabolic health is an individual responsibility and a strategic business decision. Business owners

can optimize their performance and build a sustainable and successful business by prioritizing their own well-being.

Entrepreneurs should consider implementing a holistic approach to ensure that business and metabolic health are equally important. This includes regular check-ups, maintaining a balanced diet, engaging in physical activity, managing stress levels, and seeking professional guidance. By doing so, entrepreneurs can help safeguard their personal well-being while driving their businesses toward success. I suggest reading the book by Dr. Philip Ovadia, "Stay Off of My Operating Table," where his mission is to optimize the public's metabolic health and help people stay off his operating table. I've joined Dr. Ovadia previously on podcasts discussing entrepreneurs' personal health and its tie to business success.

Business owners must recognize that their personal metabolic health is as essential as their business health. Neglecting one's well-being can have long-term consequences on one's health and the performance and growth of one's business. By acknowledging the crucial link between personal well-being and business success, entrepreneurs can make informed decisions that prioritize their own health while building thriving enterprises.

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