



Atif Javid Regular Exercise Daily Routine For Successful People Report Published

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A new exercise and productivity report has been launched by business and success coach Atif Javid. He reveals that the world's most successful people cite exercise as a key part of their daily routine.

A new daily routine and exercise report has been launched by Atif Javid, focusing on the benefits of exercising every day. It highlights that entrepreneurial business owners have a fundamental drive that sets them apart, but one thing that they have in common is that they take regular exercise.

More information can be found at:
<http://www.accesswire.com/570757/Success-Coach-Atif-Javid-Releases-Report-On-Daily-Exercise-For-Entrepreneurs>

Atif Javid is a leading success coach, entrepreneur and founder of three multi-million pound businesses. He studies the strategies and best practices of the world's most outstanding achievers, and provides in-depth

guides for those looking to level up their business and life.

He has a unique Mind Body Action (MBA) approach to helping people be the best version of themselves. He enjoys helping entrepreneurs and professionals to achieve their goals and improve their productivity.

His new report focuses on the benefits of regular daily exercise. Regular exercise has been linked to a reduced risk of heart attack, lower blood pressure, and higher levels of energy, among others.

Atif Javid highlights that at the extreme end of the wealth spectrum, Bill Gates, Mark Cuban, Richard Branson, Tory Burch, and Brian Chesky cite regular exercise as being an important part of their daily routine.

Bill Gates begins his day with an hour on the treadmill, while Mark Cuban has a routine that also includes an hour of cardio.

Richard Branson says working out is his top productivity tip, Tory Burch works out for 45 minutes each morning, Brian Chesky lifts weights on a daily basis, and even Barack Obama worked out for 45 minutes every morning as president.

Atif Javid says that: "As an entrepreneur committed to achieving success, you should take a holistic approach to your life and attach the same importance to health, relationships and hobbies or "down time" as you do your business."

He goes on to underscore that too many people look at personal time and downtime from the wrong angle. Too much emphasis is placed on being busy, and taking time out is seen as losing valuable hours to less important things.

Atif states that: "The truth is that the benefits of regular exercise are such that, rather than losing anything, you'll find you will get far more done and be much more effective in your business once your body and mind have had a good workout."

The report points out that the key thing for entrepreneurs to understand is that they can't be productive without looking after themselves first.

Health is the biggest asset that an entrepreneur has and in another report, Atif even puts entrepreneur health above business: <http://finance.yahoo.com/news/atif-javid-puts-entrepreneur-health-095000952.html>

Readers can engage with Atif Javid on Facebook at: <http://www.facebook.com/atifjaviduk>

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Atif Javid mentors, coaches and helps entrepreneurs and business owners unlock their personal potential to achieve extraordinary success in both life and business.

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