

As Vistage Worldwide CEO's, Executives and Professionals, there are two rules of thumb; when you grow as a person, so does your business.

And being fit at every age is common sense for people and businesses.

As a former Vistage Trusted Advisor, no one I know over the past three decades proves these two rules work better than prior Vistage CEO member, Author and Motivational speaker, Ross F. Hoffman.

He has written a must-have book for your desk, employees, and everyone's bedside table, [Back And Better](#)

Whether you are office bound like me and want to improve your productivity, recovering from a sports injury or a surgery, his 37 easy ways to start and keep moving worked for me to get [Back And Better](#)

For me, any movement was improvement

I never thought of my body as a personal gym with no membership card to join.

What worked for me was his 7-minute a day challenge. Start with his Good Morning Wake-up routine, and what I call his Good "Night Cap" movements to fall sleep faster; better and longer.

Will it work for you, your family and your business? If you are interested to learn more about his personal story and original idea behind the book, visit [Back And Better](#) or the [Back And Better](#) website www.backnbetter.com

Takeaway?

Fit at every age is common sense for people and companies.
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