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[Will Exercising Make You Wealthy?](#)

By

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Wealthy Investors Prioritize Working Out

A recent story in [InvestmentNews](#) pointed out that individuals with at least \$5 million in assets spend more time exercising. The publication cited a study by [Spectrem Group](#) that listed **walking**, **swimming** and **weight lifting** as the top physical fitness activities among affluent individuals.

The researchers also considered gender preferences. For women, they often choose **yoga**, whereas men will join a **team sport**. Women will work out more indoors and at home, while men appreciate getting exercise outdoors. Twenty-five percent of survey participants regularly used a gym, with those at the higher asset levels choosing such exercise more often.

Of course, like all of us, wealthy individuals have some exercises they do not gravitate toward. These include:

- Jazzercise
- Zumba
- karate
- Pilates

The majority of fit, affluent individuals tend to work out four to six days each week, while just under 15 percent exercise daily.

Their reasons for staying physically fit vary as well:

- Losing weight – 28 percent
- Staying healthy – 50 percent

What does this mean for you? While the time for New Year's resolutions may have passed, it's never too late to start working out regularly. Feeling better physically may lead to other positive developments in your life. You may feel ready to pursue other goals as well.

Does the reverse work? Will you become richer if you exercise more? Hard to say for sure, but it doesn't hurt to try. Let me know your results.

Photo credit: www.localfitness.com.au

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About Susan Carr-Templeton

Susan Templeton is the founder of Stafford Wells Advisors, a wealth management firm serving individuals, families and businesses and advising workplace retirement plans. Stafford Wells was founded in 2008 with the mission of delivering independent, complete, unbiased investment and planning advice, free of any conflicts of interest. Susan Templeton has more than 20 years experience in investment management. She received her B.S.B.A. degree in marketing from the University of Denver and her M.B.A. from the University of Chicago. Susan is a trustee for the Advocate Foundation where she chair's the Planned Giving Committee and is a member of the Investment Committee. Susan serves on the investment committee for the Visiting Nurse Association (Chicago) and is a former trustee of the Village of Oak Brook Police Pension Plan.