



Long- Distance

Commuter

Dear Jackie

My two hours each way commuting daily to my IT job in the city is killing me. My wife is complaining I am grossly overweight and not spending enough time with her. We are trying to have kids but to no avail. She is talking about divorce.

I am looking out for jobs near my home. Will there be any chance of changing my job?

David age 41 right-handed

Dear David

Do yourself a favor. Repair your body first by having a medical check-up. Your doctor should be able to diagnose your health condition and help you to a course of treatment.

It is well known that long-distance commuters suffer from obesity, neck pain, body ache, sleeplessness, stress, worry and divorce. Obesity can lead to low levels of fertility.

On the other hand, there are many long-distance commuters who stay strong and solid in their health and marriage because they make efforts to start on a healthy lifestyle by incorporating regular exercise and changing their food diet.

If you have no time to get into the gym, you can exercise your fitness in the office with some desk exercise equipment or take the stairs instead of the lifts. If you are not eating enough enzyme-rich food that will help you to break down your body's weight, you can incorporate smoothie, salad and juice in your daily regime.

In fact, there are many long-distance couples who only see each other 2-4 times a year because they work overseas and yet they are able to have children despite their long separation. Nothing is impossible. If you are determined to do something, you will find a way to accomplish it regardless of obstacles.

Health is the most important thing in your life. Every part of your success and happiness relies on you having good health. You cannot perform at work, you cannot shuttle to and from work and you cannot have kids if you do not have good health.

The better the health, the more energy you have to get things done in your daily life.

And that includes looking out for a job located near your house.

But not at the moment, I cannot pick up a significant sign in your hands that says you will be changing job. Perhaps you are not willing to compromise a lower paying job or a job that is not of your first choice. Or it could be that job elimination and hiring freeze are routine in recession which you are now being caught out. Downsizing can happen in your own company and any savvy executive can be retrenched. So you need to protect your job by staying put and perfecting your work.

A favorable change in your job is more visible in two or three years down the road.

Jackie