

Is there a Correlation Between Body Weight and Success in Life

Gurmeet Singh Sarla*

Senior Advisor Surgery MH Khadki, Pin 411020, India

Citation: Sarla GS. Is there a Correlation Between Body Weight and Success in Life. *Medi Clin Case Rep J* 2024;2(3):361-362.
DOI: doi.org/10.51219/MCCRJ/Gurmeet-Singh-Sarla/97

Received: 27 December, 2023; **Accepted:** 09 July, 2024; **Published:** 12 July, 2024

***Corresponding author:** Gurmeet Singh Sarla, Senior Advisor Surgery MH Khadki, Pin 411020, India.

Copyright: © 2024 Sarla GS., This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

A B S T R A C T

Success is defined as achieving desired results or meeting a desired range of expectations commensurate with the efforts put in. It can be sub-divided into intellectual success, emotional success, physical success and economic success. Most rich, influential and successful people seem to be lean and thin. They are active, energetic, alert, tireless and full of zeal and enthusiasm. They are determined, disciplined and focused. This review article tries to find out whether there is any correlation between body weight and success in life.

Keywords: Body weight; Success; Lean; Thin; Discipline

Dear Editor,

Rich and successful people are probably frequent users of fitness centers, hire personal trainers, or start their days full of energy and feel-good endorphins from exercise. When questioned about their thoughts on weight and work, a prominent executive search firm polled over 1,300 \$100,000-earning executives¹. Of them, 75% stated that being physically fit is essential for achieving career success.¹ Gone are the days when having extra padding meant you were successful and mature. When asked if obesity is a major barrier to a successful career, 75% of executives answered that it is. There is a global negative association between weight and income, and it has been seen that wealthy women tend to be significantly thinner. Better productivity, an increased capacity for problem-solving, more endurance and vitality as well as a decrease in stress and fatigue are all strongly correlated with increased fitness.

People who are in better physical shape tend to eat better and miss fewer days of work because they are more resilient to disease². According to British researcher Jim McKenna's study, individuals who exercise are more accepting of themselves and their coworkers when they return to work and there is constant improvement in work performance, time management abilities, and mental sharpness³.

Not only silver screen heroes like Akshay Kumar, cricketer Virat Kohli but entrepreneurs Nitin Kamath, Ananya Birla and Parth Jindal have been found going that extra mile to stay physically fit. Perusing photographs of Jeff Bezos, Sudar Pichai, Tim Cook will make you appreciate that these famous men are slim and trim. Employers are increasingly being made aware about exercise as a good way to reduce stress at work⁴. Access to gym was provided to staff members by the 100 best companies to work for presumably to highlight employee care and/or increase job satisfaction⁵.

Sir Richard Branson, founder of the Virgin Group, feels true success should be measured by how happy you are. Huffington post cofounder, Arianna Huffington says that well-being, wisdom, wonder, and giving are the four pillars of success in addition to money and power. Bill Gates feels that success is about relationships and leaving behind a legacy. Barack Obama feels that success is about the difference you make in people's lives. One thing in common which I notice in all the above stalwarts is that they are all slender, lean and graceful.

Prospective employers may also get a sense that you are disciplined and responsible from a tidy, professional appearance. Your chances of success in social situations are higher if you project confidence and professionalism through your well-groomed appearance. If you present yourself properly, people are more inclined to respect your thoughts and pay attention to what you have to say. It presents a favorable picture of you and demonstrates your pride in your business image. Additionally, it helps you establish a favorable first impression on clients, employers, and coworkers.

Engaging in physical activity might positively impact one's ability to cope with work-related behavior and manage minor irritations without losing control⁶. Physical activity is positively associated with mood improvements and improved psychological affect.⁷ Physical activity can also promote positive physical self-perception and mental health and protect against workplace stress⁷. It is a paradox that energy expenditure during exercise increases one's sense of feeling fresh and energetic and allays fatigue at work.

Taller men and women are ascribed to have more positive personality traits⁸. In football, taller referees are seen as more authoritative⁹. Tall women were rated as more intelligent, affluent, assertive, and ambitious than shorter women¹⁰.

To conclude, there seems to be a positive correlation between success and height and a negative correlation between success and weight of an individual. Successful people have been noted to be apparently tall, slender, lean and thin. They keep themselves fit and go that extra mile to look after their body and keep their weight under check. They take a proper diet and engage in proper physical activity.

Ethics Committee Approval: Ethics committee approval is not required for Letter Writing to the Editor.

Conflict of Interest: No conflict of interest was declared by the author.

References

1. Calkins B, Ohio C. The Link Between Fitness & Career Success. HealthStyle Fitness.
2. Helland MH, Nordbotten GL. Dietary Changes, Motivators, and Barriers affecting diet and physical activity among overweight and obese: A mixed methods approach. *Int J Environ Res Public Health* 2021;18(20):10582.
3. Coulson JC, McKenna Jim, Field M. Exercising at work and self-reported work performance. *Int J Workplace Health Management* 2008;1:176-197.
4. Flood KR, Long BC. Understanding exercise as a method of stress management: A constructivist framework. In: Kerr J, Griffiths A, Cox T. (Edn), *Workplace Health: Employee fitness and exercise*. Taylor & Francis 1996;55-67.
5. Sunday Times. The Sunday Times 100 best companies to work for, 2006. In association with Best Companies, DTI and Investors in People 2006.
6. Steptoe A, Kimbell J, Basford P. Exercise and the experience and appraisal of daily stressors: A naturalistic study. *J Behav Med* 1998;21(4):363-374.
7. Carless D, Faulkner G. Physical activity and mental health. In: McKenna J, Riddoch C. (Edn). *Perspectives on Health and Exercise*, Palgrave Macmillan 2003;61-82.
8. Jackson LA, Ervin KS. Height stereotypes of women and men: The liabilities of shortness for both sexes. *J Social Psychology* 1992;132:433-445.
9. Stulp G, Buunk AP, Verhulst S, Pollet TV. High and mighty: Height increases authority in professional refereeing. *Evolutionary Psychology* 2012;10(3): 588-601.
10. Chu S, Geary K. Physical stature influences character perception in women. *Personality and Individual Differences* 2005;38(8):1927-1934.