Health and Wealth: Good Behaviour is a Habit

For general health and fitness, it’s recommended that adults aim to walk at least 10 000 steps per day. That’s a steep goal considering modern, sedentary lifestyles. To reach it, many people squeeze in a single long walk or run. But here’s the catch: for overall wellness, regular moderate movement throughout the day is more effective than one intense workout.

Why? Because frequent activity keeps your circulation flowing, regulates blood sugar, and supports your metabolism. Even if you hammer out a sweaty run, long periods of sitting can still harm your body and undo some of that good work. The science suggests that moderate, steady engagement yields better outcomes than isolated bursts.

Think of it like a garden. A hose gently watering plants throughout the day keeps the soil moist and the roots healthy. Flooding the garden with a single deluge, on the other hand, can wash away nutrients and do more harm than good. A steady, measured approach nurtures sustained well-being.

This same principle is the foundation of wealth creation. In investing, consistent, measured contributions - no matter how small - can lead to substantial outcomes over time. That’s the magic of compounding, where incremental gains build upon themselves, growing exponentially as time goes on.

Sporadic efforts, on the other hand, can’t fully harness this power. They often miss out on key moments in the market and fail to build true momentum.

Ultimately, good behaviour, whether for your health or your finances, isn’t about one big effort. It’s a habit. The deliberate, repeated actions you take every day are what produce sustainable, meaningful results. In both health and investing, consistency is the secret to long-term success.

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If you have any questions, Tawanda and our team would love to hear from you on global@seedinvestments.co.za.

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