

How to stay fit and healthy in banking

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Life as an investment banker will be a dramatic change from your student days and your usual lifestyle. No more free time to play sports with your friends, eat healthy home-made food and get 8 hours of sleep.

As a banker, unless you are good at avoiding work, you'll sit 16 hours a day in front of your computer, and the only exercise you will get will be performing super-fast excel shortcuts, going to the printing room to get pitchbooks, and fetching 200 calories lattes at Starbucks. Combined with the lack of sleep (a direct cause of [weight gain](#)) and the fact that with your big dinner allowance you feel compelled to eat as much junk food as you can for dinner, weight gain is inevitable.

Create exercise routines

Most banks have in-house gyms or have discounts for gym memberships. Take these.

As a banker, you may not have the time to go to the gym: you are too sleepy in the morning, too busy during the day, and have no energy left during the night. But in fact, the best times to go to the gym are before lunch or before dinner. First let your colleagues know that you'd like to go to the gym at a certain time, and they'll know where to get you. Second, because its at times when people are usually out, it makes it easier for you to sneak out for some exercise.

Use sports as a networking opportunity

Bankers like squash – it makes them feel cool. Ask the members of the team if they play squash. Often, MDs and VPs will play, and this may be the perfect opportunity to socialise and get to know your colleagues better (just try not to hurt them) by playing every Thursday night, which will become handy at appraisal time.

Watch out for unhealthy food habits

Always eat breakfast, and don't stuff yourself at dinner time. Best is to order some light food such as fish, sushis, salad and some soup. Use the extra allowance to buy some fruits, nuts, yogurt and snacks to eat during the next day. This will help you avoid burning out during the day, and make you less dependend on caffeine to stay alert.

If your friends always go to Starbucks, go with them but you dont need to order anything, or just get some tea. Cappucinos, lattes and mochas are very fattening and unhealthy. Also be careful of evening drinks as beer is very fattening, try not to go for drinks more than one or twice a week, and, as a general rule, it is always better to avoid alcohol (there is no shame ordering orange juice or a diet coke!).

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