

# Getting Beyond the Numbers

## Accounting & Finance for the Non-Financial Manager

### Additional Resources

1. <http://inlandrevenue.finance.gov.bs/> - Home page for VAT & Business License
2. Value Added Tax: <http://inlandrevenue.finance.gov.bs/value-added-tax/>
3. Business License: <http://inlandrevenue.finance.gov.bs/business-licence/>
4. “Your Money”: Sunday 7:30 am on MSNBC (channel No. 402)  
other television shows that deal with the economy
5. The Newspapers – Bahamas and outside
6. Bahamas Chamber of Commerce
7. Central Bank of the Bahamas: <http://www.centralbankbahamas.com/>
8. Bahamas Ministry of Tourism
9. Bahamas International Stock Exchange (BISX):  
<http://www.bisxbahamas.com/index.php>  
Up to Date Financial Information of Listed Bahamian Companies
10. Youtube: <https://www.youtube.com/> you can learn just about anything there!

### 11. 3 Healthy Habits of the Nation’s Leading Bosses

By [Janell Hazelwood+](#) | July 3, 2016

(Image: iStock.com/Henk Badenhorst)



It is no secret that exercise is part of the world’s most successful people’s [daily routines](#).

And the benefits of getting active as an entrepreneur or leader of an industry or organization are numerous; from boosting heart-health, to simply being a great way to relieve the stress of having

the whole world—or the livelihood of many—on your shoulders. Research has shown time and time again how important it is to incorporate healthy habits into your lifestyle.

When in a position of leadership, you have to be on top of your game. So, when you're not feeling energized or upbeat, it's challenging to meet the demands of corporate boards, needy customers, reliable staff, and even extended family. Whether you're hopping on and off international flights or taking care of tedious tasks in your day-to-day leading, be inspired by three healthy habits that top industry leaders in politics, business, entertainment, and technology all have in common.

### **1. Morning Cardio**

[President Obama](#) and First Lady Michelle Obama both wake up early to get their workout on. According to reports, President Obama exercises with [weights, running](#), and will even play a game of basketball. [Mrs. Obama](#) participates in workouts that include boxing and jumping rope.

Other CEOs have touted the benefits of a daily cardio workout, including [Brian Brackeen](#), CEO of tech company Kairos; beauty boss [Iman](#); diplomat Condoleezza Rice, and Xerox CEO [Ursula Burns](#).

### **2. Scheduled Meditation**

Media mogul and actress Oprah Winfrey has long been a fan of meditation, and she has even created challenges to forge a movement that [connects meditation with weight loss efforts](#). She's been known to take 20-minute breaks throughout her day [simply to sit in silence and meditate](#).

Other business leaders that swear by meditation include music industry powerhouse Russell Simmons and [Teri Nichole Harrison](#), CEO of Fearless & Fabulous Worldwide.

### **3. Nature as a Gym**

Al Roker, the king of weather forecasting and *Today Show* veteran, [bikes to his job at NBC Studios](#), with The Big Apple his fitness backdrop. When movie megastar and comedian Kevin Hart isn't picking up and creating new projects via his company, [Hartbeat Productions](#), he enjoys outdoor workouts, like [group runs](#) that help promote fitness among his fans. Bisila Bokoko, founder and CEO of BBES, a New York-based international business development agency, enjoys [practicing yoga outdoors during her travels](#). Arisha Smith, managing partner at Idyllic Interactive, Inc., a media company, also enjoys an [outdoor workout or two](#) while travelling.

<http://www.blackenterprise.com/besavvy/3-healthy-habits-nations-leading-bosses/>