



September Wellness Maxim

"All know the way; few actually walk it."

-Bodhidharma

It is common knowledge that exercise is one of the keys to wellness, but less is known about the dangers of inactivity. A [study conducted](#) by researchers at Cambridge University concluded that physical inactivity is linked to twice as many deaths as obesity. Remaining sedentary for an extended period of time, which is experienced by all too many who toil at the office, could increase the risk of cardiovascular disease due to reduced blood flow, increased heart rate and swelling in the lower legs, according to the [Wall Street Journal](#). Therefore, it is important to engage in physical activity each day as a preventative measure. Twenty minutes of brisk walking can reduce the risk of early death by 16-30%. A few minutes of daily activity can add years to one's life.



Maxim believes preventative wellness is **the** cost effective, efficacious, and empowering solution to numerous health related issues and presents an enormously attractive investment opportunity as consumer awareness rises and increasingly larger flows of private and public capital are directed toward healthy living.

OUR FOCUS

- Functional foods and nutraceuticals
- Corporate wellness
- Superfoods
- Ingredients and branded products
- Digestive health
- Fitness clubs, service, and equipment

For more information on Maxim and our Wellness practice, feel free to reach out to us directly or through our website: www.maximpartnersllc.com.

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