

Runs, Shoots, and Leads

How GE's heir apparent stays fit while traversing the globe

As CEO of GE Infrastructure, Dave Calhoun has one of the most grueling travel schedules in corporate America. He spends 60 percent of the week on the road, and the international travel can take its toll. "I've been in meetings overseas with executives who were ready to fall asleep," says the 48-year-old. "I don't want to be *that guy*."

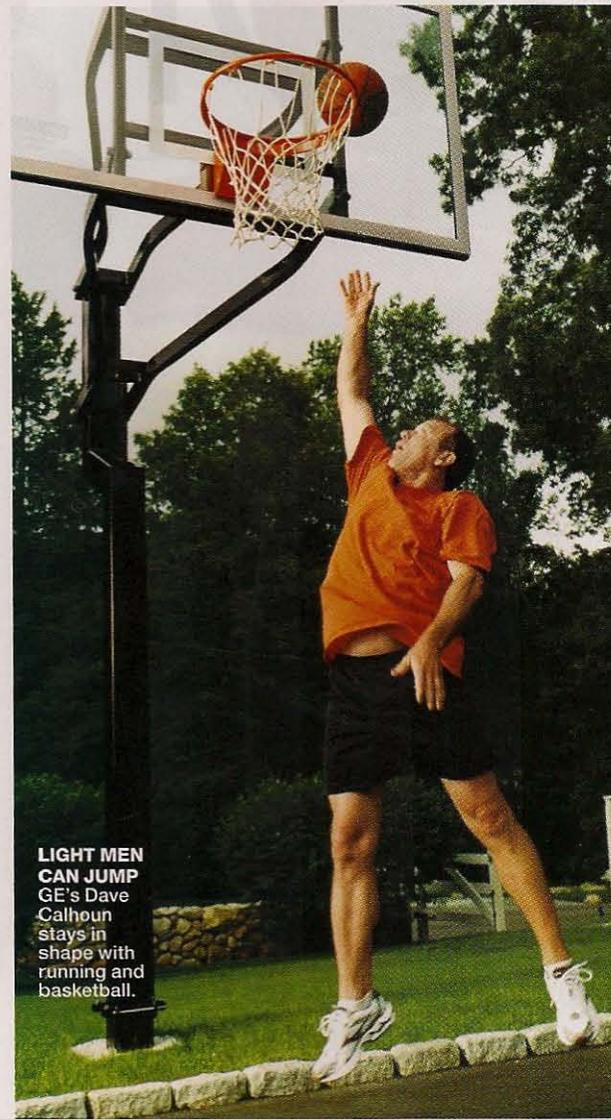
Calhoun nearly became *that guy* 10 years ago, when double arthroscopic knee surgeries sabotaged his running regime, and he became lethargic and overweight. To make matters worse, he suffers from type I diabetes, and his doctor warned him that his sedentary lifestyle was putting him at risk for complications like heart disease and kidney failure. Calhoun heeded the warning and started running again. Today, his diabetes is under control, and he's taking only half the insulin he once needed. Here's how he manages his most valuable asset—his health.

BEAT JET LAG WITH RUNNING Calhoun runs three miles up to five times a week, no matter where he's traveling. To tame jet lag, he's developed a routine called "power sightseeing." As soon as he arrives at his destination (or has a break in his schedule), Calhoun picks a tourist attraction that is a mile or two from his hotel. He'll run there, check it out, and then return to his room. It is a win-win situation that allows him to soak up some local color while soaking in some natural light. His favorite route is the

tracklike circumference of Tokyo's Imperial Palace.

AVOID INJURY WITH STRETCHES Like many runners, Calhoun's calves tend to tighten after a run. To prevent this, stretch after your workout while your muscles are still warm. For a calf stretch with a twist: Stand two feet from a wall and face it, resting your palms on the wall at chest level and shoulder-width apart. Now, place your right foot back two feet. Keeping that leg straight and bending your left leg slightly, press your right heel into the floor. Lean forward until you feel the stretch in your right calf. Hold for 30 seconds. To stretch the outside of your calf muscle, keep your legs in the same position but curl your right toes under your foot, exaggerating your foot's natural arch. Shift your weight to the outside of your right heel and lean forward until you feel the stretch. Hold for 30 seconds, and then repeat both stretches on the opposite leg.

RELIEVE STRESS WITH COMPETITIVE SPORTS Calhoun prevents runner's burnout by playing sports. "There's nothing better for stress relief than a bit of healthy competition," he says. Depending on the season, the executive tries to play paddle tennis with his wife or hit the links with clients (he walks the course to maximize the fitness benefit) once a week. Most of all, though, Calhoun loves a game of hoops, and he plays with GE's top executives and one-on-one with his son, Corey—which just got tougher after the 14-year-old sprouted 5 inches in the last year. AMY LEVIN-EPSTEIN



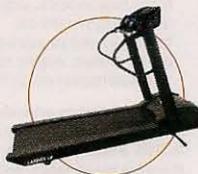
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