

»» FIT FOR STYLE FEATURING DAVID STALLCUP

# NFi Man

A MAN'S GUIDE TO FITNESS

MARCH/APRIL 2013

EXCEEDING  
EXPECTATIONS  
**PROMOTION**  
**PHYSICAL**  
**THERAPY**

NO EXCUSES  
BUSINESSMAN

# DAVID LYND

STRIKES A  
STELLAR  
**BALANCE** AND  
**CONQUERS**  
HIS DAYS.

A BORN LEADER  
CITY COUNCIL  
CANDIDATE  
**RON  
NIRENBERG**  
ANSWERS  
THE CALL  
OF DUTY

BUILD YOUR  
STOREHOUSE  
NUTRITION  
FOR  
LONG-  
DISTANCE  
BIKING

THE NEW  
LIFESTYLE  
STANDARD  
**HIGH-  
INTENSITY**  
INTERVAL  
TRAINING

THE RIGHT  
**COMBINATION**  
4 SUPPLEMENTS  
TO TRY





# a fine balance

**No excuses:**  
As the president  
and COO of a  
multimillion-dollar  
corporation,  
**David Lynd**  
**maintains balance**  
**in his life**  
and always  
incorporates his  
own health and  
fitness into his  
busy schedule.

BY AARON SEAMAN  
PHOTOGRAPHY BY MICHAEL GIORDANO





Although he is president and chief operating officer of a multimillion-dollar corporation that bears his family's name, David Lynd faces the same problems many of us do. "My biggest challenge is trying to make time for work, family and taking care of myself," he says.

His company, LYND, has diversified and expanded its footprint over the last 33 years. From managing multifamily properties in San Antonio and purchasing and developing nearly \$2 billion in real estate across the United States to owning a professional sports franchise with the San Antonio Talons, it would be understandable if he didn't make it to the gym occasionally – that is, understandable to everyone except Lynd himself.

"Balance is tough to maintain, and it would be easy to focus on work and neglect myself," Lynd confesses. "Fitness and working out help me to maintain balance and give me the energy to conquer my days."

With such a demanding schedule, Lynd makes it a priority to do his workout early in the morning, normally starting at 6 a.m. He admits he struggled at first to keep up with his health when his business started to take off, and with both work and family obligations, the only way to stay fit was to get up before everyone else.

"Working out in the morning really helps me start the day right, clears my mind and helps me feel confident and motivated," Lynd says. "If you are a professional that works at a very demanding level, your schedule is not your own. The only time I find that you do control is when nobody else is awake, which is the early morning."

Lynd admits it takes both commitment and

discipline to wake up early and exercise, but he shares that it is a great time to do some critical thinking and reflection.

When asked about his routine, Lynd reveals that he played high school football for years, but a wrist injury prevented him from playing on the team at Southern Methodist University. His routine at that time consisted of lots of heavy weights and very little cardio.

When Lynd turned 30, he had a muscle pull and treated it the same way he would have before, but it got worse. He discovered that he ended up having two bulging discs, and as his condition deteriorated, his was told he would need surgery. In a final effort, his doctor sent him to physical therapy to see if the body might be able to heal itself. It was then that Lynd started to do lots of cardio and core exercises.

Today, Lynd starts his routine by focusing on core exercises, including lots of stretching and Pilates-type movements. After 30 to 45 minutes of that, he does about 30 minutes of cardio, which includes the stationary bike, the treadmill, the stairs or the elliptical, followed by 30 minutes of weight training.

He tries to do this routine at least four to five days per week. "Cardio can get a bit boring, so I try to mix up what I do from one day to the next," Lynd says. "I get bored easily, so it helps to break up the routine."

With his ever-expanding business, Lynd says his constant travel provides its own set of challenges. "I have an extensive travel schedule, so I try to always stay in hotels with workout facilities," he says. "Diet becomes the other issue, especially with so much time spent in airports and so few healthy food choices."

Lynd confesses that in the first half of his life, he could pretty much eat what he wanted. However, that changed after he turned 30. "What you put in your body is very important, and I have my own set of tricks that help me manage my busy schedule."

Some of the habits he utilizes include eating a light breakfast such as egg whites or cereal. Lunch normally consists of soup, salad, vegetables and something with protein, while dinner is usually light, maybe including chicken breast and a salad. He says he tends to eat late, so he makes a special effort to keep his dinners light.

What about cheating on his diet? Lynd says that in order to maintain his balance, he has to cheat every now and then, but he stresses that he does so in moderation, and is careful about choosing when to do so. Like many busy professionals, he admits his diet is harder to monitor as opposed to his fitness, but he tries to make healthy choices, especially in airports. "I tend to eat lots of Subway when I am traveling," he says.

When asked about the company's culture and if wellness is promoted throughout the office, Lynd shares that the LYND culture is unique. "Our company culture [at LYND] is one where people brag about the long hours they are working or pulling all-nighters to get a job done," he says.

LYND is experiencing a high-growth trajectory, and most of the executives are young professionals between the ages of 35 and 45, but Lynd cautions them that everyone hits the dreaded wall. He recalls hitting his own wall and realizing that he needed to change his routines if he were going to be able to meet his demanding schedule.

"I learned that my back problems were the result of all the sitting I was doing when traveling," he says. "I told myself that if I am not in good shape, both mentally and physically, I am no good to the company. I told my executives the same thing – that this is a marathon, not a sprint." Now, Lynd says LYND employees try to find activities to do as a group. For example, the office participated in Race for the Cure.

As far as family goes, the Lynds are very much like most families with children. Lynd and his wife of 13 years, Angela, have three children ranging in age from 11 to 18 years. Lynd says his children are very involved with sports, so weekends are consumed with games, some of which Lynd coaches.

The Lynds also try to do activities together, whether just walking their dog or scheduling trips with the family that include some sort of physical activity. For example, the family enjoyed a skiing trip during the Christmas holidays. Like many busy couples, David and Angela do their best to make time for each other and their children. "Family time is important, as is time with Angela, so again, this speaks to the balance that I strive to maintain in my life," Lynd says.

With 1,100 employees who report to him and are responsible for delivering returns to their investors, Lynd says mental well-





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ness is as important as physical. Constantly working to meet numbers, and identify and develop new investment opportunities is very stressful, and Lynd is a firm believer that the mental part of stress is directly linked to physical

well-being. He says if you aren't prepared to handle that stress, you are going to have problems.

“The only time I have to think alone and clear my mind is when I workout,” Lynd shares. “My mental wellness revolves around

my family and when I am alone at the gym. It's hard to have good perspective if you don't have alone time, and I find that my time in the gym is critical to that.” Lynd mentions that he also enjoys driving on the open road and just

thinking, with no music or talking. He uses that time just to reflect.

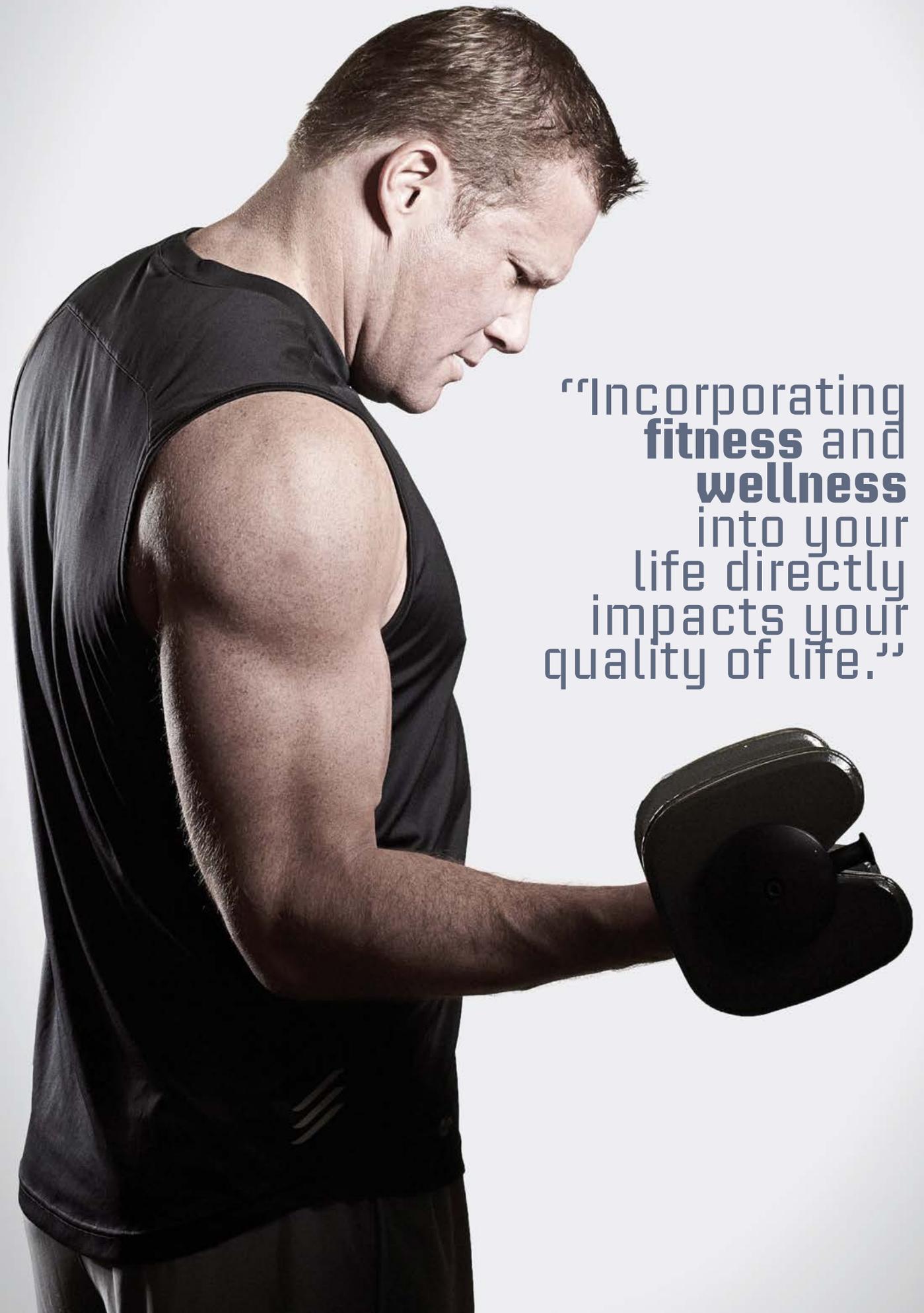
It would be easy to understand if Lynd didn't make it to the gym regularly, given the incredible demands of his growing company and dynamic schedule. However, he says he is not big on excuses, and that he was raised to always ask what he can do different without blaming someone else.

“There are a million excuses to not workout,” Lynd offers. “We have one life, and just one shot at it. Incorporating fitness and wellness into your life directly impacts your quality of life, and the fitter you are, the better the quality is.”

For Lynd, the biggest challenge – yet one that yields the biggest reward – is finding the balance between fitness, family and professional life. “Find the motivation that keeps you going, whatever it is. Just find it and use it to keep you going every day.” ■

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For more information on LYND, please visit [www.lyndworld.com](http://www.lyndworld.com).



“Incorporating  
**fitness** and  
**wellness**  
into your  
life directly  
impacts your  
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