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Short Assignment 2

28 November 2012

In the article, “Bakery CEO Does Not Live on Bread Alone,” author Melanie Grayce West informs readers about the new and improved workout and diet regime of Panera Bread Co. CEO Ron Shaich. Even though he adores baked goods, Ron Shaich realized he needed to take care of himself physically. He was never extremely athletic when he was younger, but realized in his fifties he must change his ways. He explains, “There’s always something that’s more urgent, even if it’s not more important.” Shaich wanted to be physically fit for keeping up with his children and managing over 1,600 bakery-cafes. He began training with Alexander Ponomarkeno, former trainer for the Ukrainian Olympic track-and-field team, to become physically fit. Now, 58 years old, Shaich has lost 10 pounds and has gained muscles. The time shared between Ponomarkeno and Shaich is mutually enjoyable. Ponomarkeno explains, “It’s interesting to learn from someone in business. It’s boring to only talk about exercise.” Shaich’s workout consists of some type of cardiovascular exercise, such as running or swimming, hurdles, abdominal exercises, and weight training. His diet includes oatmeal with fruit, salads, and fish or pasta. He tries to eat healthy even when he is visiting one of his Panera locations. He even orders his desired caramel lattes with skim milk and half the amount of caramel. Shaich explains how he does not listen to music while he works out, but instead, he talks to Ponomarkeno about life, the future, politics, and family. Shaich explains, “I find it amazingly refreshing. Your mind floats to all kinds of places.” He talks about this being a form of therapy with him, because of the great conversation he has with his friend, Ponomarkeno.

The article relates to the topic of the meaning of age discussed in class. The typical measure of a person’s age is their chronological age. A person’s chronological age is the number of years they have lived. However, researchers are discovering that there may be more detailed and accurate ways of measuring someone’s age. This new measurement is based on a person’s functional age, which is how they function biologically, psychologically, and socially. The three types of functional ages include: biological age, psychological age, and social age. Someone’s chronological age is the actual age they are. Someone’s biological age is the age at what their organ systems are functioning. Someone’s psychological age is the age at what someone performs on a psychological test. Someone’s social age is the age at what social roles they occupy as an individual. There can be incongruence between someone’s chronological age and their biological, psychological, or social age.

This article, “Bakery CEO Does Not Live on Bread Alone,” enlightens readers on the incongruence of Ron Shaich’s chronological age and biological age. His chronological age is 58 years old. However, his biological age, the age at what his organ systems are functioning, is much younger. Someone’s biological age also includes the quality of their bodily systems and standards of performance on different biological measures. Ron Shaich is physically fit and healthy because of his exercise regime and nutritious diet. His bodily systems, organs, and standards of performance on different biological measures are extremely well functioning. He functions biologically at a younger age than another comparable 58 year old man who is not as physically active. At age 58, Shaich can jump hurdles, perform abdominal exercises, lift weights, and run and swim far distances. These types of exercises help the body function well and at a younger age than 58 years old.

Works Cited

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