

LONGWOOD, FL, September 24, 2013 /**24-7PressRelease**/ -- [Richard Zahn](#) urges individuals to take advantage of volunteer opportunities--and, really, any philanthropic options--as often as possible. As a business leader, he understands how a strong community can lead to a thriving economy, and how strengthening the community thereby benefits every single one of its residents. Since the idea of charity was first developed, individuals have been encouraged to donate their time and resources to those in need because it is the "right" thing to do and is considered "good" by social standards. But a recent [article](#) published by the Huffington Post reveals that there may be further benefits to volunteer work than once realized.

"A new paper by Dr. Suzanne Richards and colleagues at the University of Exeter Medical School, Exeter, UK, reviewed 40 studies from the past 20 years on the link between volunteering and health. Published today in BMC Public Health, the paper finds that volunteering is associated with lower depression, increased well-being, and a 22 percent reduction in the risk of dying," the article reports.

While the science behind the study is not 100 percent reliable, as there are so many factors that can contribute to the outcomes discovered by this research, the results do indicate reliable proof that volunteering is good for the body and mind.

Richard Zahn, who is an avid philanthropist, encourages individuals to add volunteer work to their monthly schedules if they do not already engage in this activity. "I believe that it is crucial for people to really support their communities and work together in order to improve the environment in which they live, in which they are raising their children, and in which they are building their futures," Zahn comments. "There are so many different ways to donate one's time and resources, there simply is no reason not to--particularly in light of the recent announcement of the wonderful benefits that volunteer work provides to those who dedicate their time to others."

One of the ways in which Zahn enjoys conducting philanthropic work is through business. He has long championed the philanthropy of his companies and he encourages business owners to do the same. For people who do not own a business, he believes it is a wonderful idea to suggest starting a corporate philanthropy to the boss in order to both benefit the community and bring the professional team together to achieve a common goal. Zahn has experienced firsthand the positive development that such initiatives can spark in professionals and believes it is well worth the time and money associated with taking on a philanthropy.

Richard Zahn Declares Surprising Volunteer Benefits

Written by Australian Business

Ultimately, volunteer efforts are valuable to both those who engage in them and those whom they benefit. As such, Richard Zahn encourages individuals who do not already support a cause to find one about which they are passionate and dedicate their time to seeing it through.

ABOUT:

Richard Zahn is an accomplished professional who has developed a resume covering numerous industries, including law enforcement, healthcare, and real estate development. Additionally, he is a devoted philanthropist who is dedicated to leveraging his business opportunities to improve the community and the lives of its residents. When not working or partnering with local non-profit and other key organizations, Zahn enjoys spending time with his family in the Florida sun while biking, fishing, racing, and more.