

# Peak Performance through 4 elements of Wellbeing



Presented By: Athletic Mentors

# Athletic Mentors

- Corporate Wellness
- The Coached Gym
- Athletic Performance
- Functional Fitness



# Components of Good Physical Health

- Quality Sleep
- Reduce Stress
- Quality Nutrition
- Exercise



# Effects of Sleep Deprivation

- Fatigue, lethargy, and lack of motivation
- Moodiness and irritability
- Reduced creativity and problem-solving skills
- Inability to cope with stress
- Reduced immunity; frequent colds and infections
- Concentration and memory problems
- Weight gain
- Impaired motor skills and increased risk of accidents
- Difficulty making decisions
- Increased risk of diabetes, heart disease, and other health problems

# Quality Sleep



- 7-9 hours needed
- There is a gene that allows people to sleep 6 hours and be fully rested but only 3% have this.
- It's not just the hours in bed, it's the quality
- Get a sleep tracker
- 50% stage 2(light sleep), 20% rem and 30% remaining.
- Challenge yourself, set goals.
- Deep sleep renews the body, rem sleep renews the mind (learning and memory)

# Sleep & Activity Tracking



- Track Sleep, Activity & Nutrition
- Set Goals
- Get educational and motivational tips
- Automatically detects sleep
- Records resting heartrate
- Automatically uploads to your smartphone via bluetooth.

# Tips for Quality Sleep

- Go to bed at the same time every night
- Very dark room
- Sleep apps for white noise
- Blue blocker glasses
- Reduce caffeine
- Reduce alcohol, nicotine
- Reduce sugar
- Don't work late
- Calcium / Magnesium before bed
- No electronics before bed
- No electronics in the bedroom - keep bedroom for sleep



# Symptoms of chronic stress

- Irritability, anxiety, depression
- Headaches
- Insomnia
- Over or undereating
- Alcohol, drug abuse
- Social withdrawal
- Constipation





# Affects of Stress on the body

- Central Nervous and Endocrine systems (fight or flight response system) :
- Respiratory and Cardio: increase blood pressure, hypertension, increase risk of heart attack
- Digestive: chronic stress decreases the ability to manage extra glucose and increases risk of type 2 diabetes.
- Heart burn, acid reflux and ulcers.
- Muscular: muscles are tight and never relax
- Immune System: over time cortisol compromises your immune system inhibiting histamine secretion and inflammatory response to foreign invaders. more susceptible to viral illnesses like the f cold

CAN  
STRESS  
KILL  
YOU?



# How to reduce Stress

- Schedule time each week when your phone is turned off
- Put “YOU” first at least once per week where you have scheduled time to do as you wish, it’s a priority and nothing else can take stomp on it.
- Get Moving
- Listen to relaxing music
- Breathe Deeply, Meditate
- Reach Out: Be social, talk to others
- Laugh out loud: Laughing releases endorphins that feel good!!



# Exercise - Where do I start?

- Find something you like to do
- Start with 10 - 15 mins every other day
- Anything is possible
- Make a goal



# Exercise Tips

- Schedule it, put it in the calendar & keep a log.
- Even 15 minutes
- Wear a fitness tracker
- Try classes to mix it up, be social and get away from your work.
- A 20 minute core workout will do amazing things for you.
- Check motivation. Exercise with a friend or find someone to keep you accountable
- Get a coach
- Get the family involved
- You will sleep better, feel better and will be less stressed.



# Nutrition

What does healthy look like?

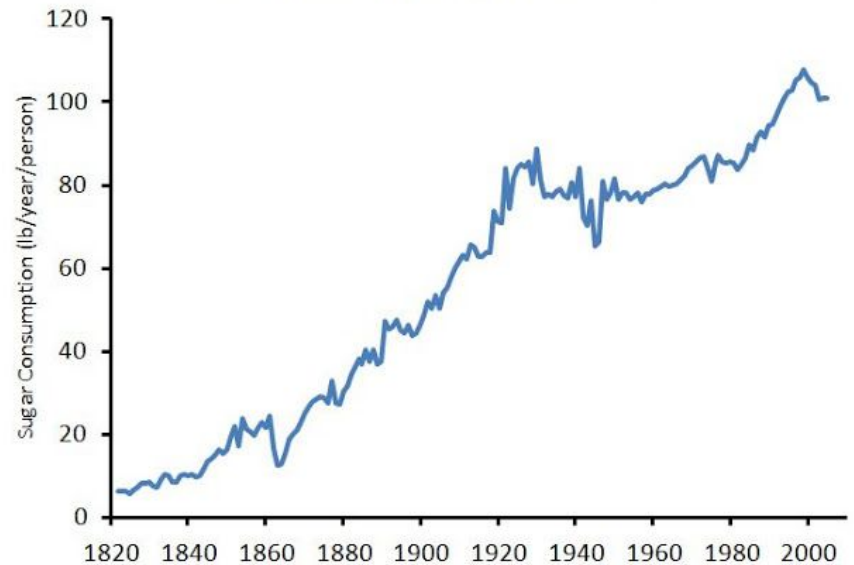
**Fuel** your  
**body**



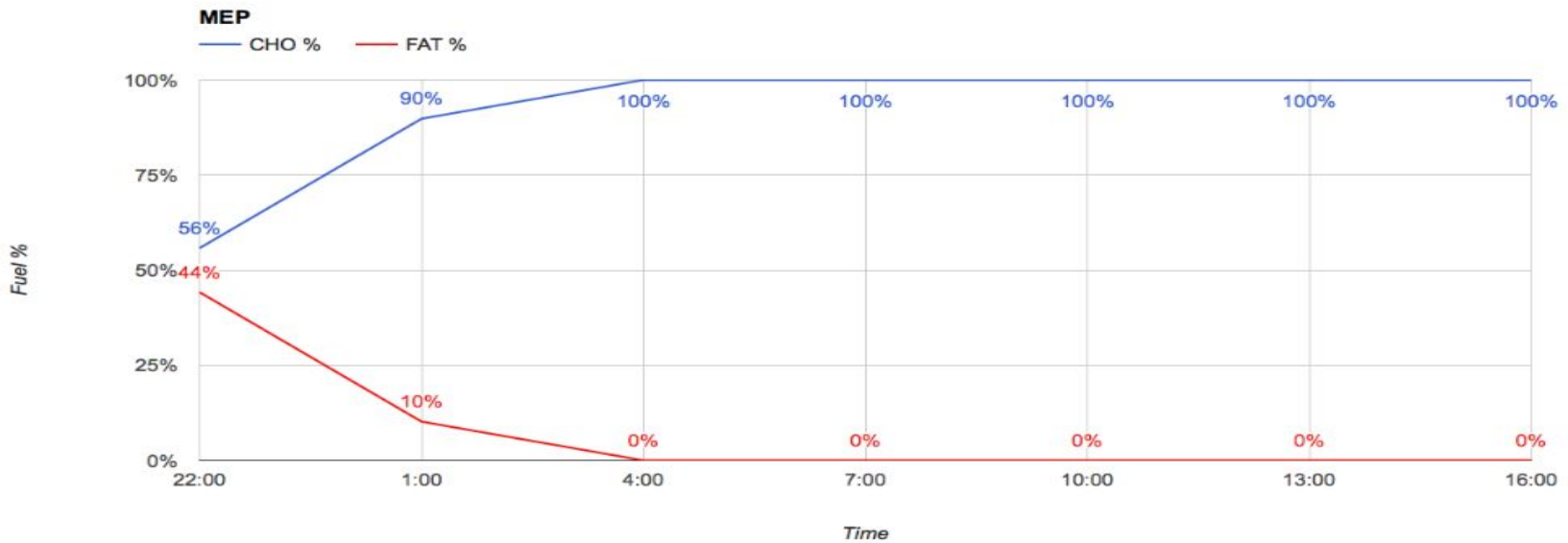
# Nutrition Tips



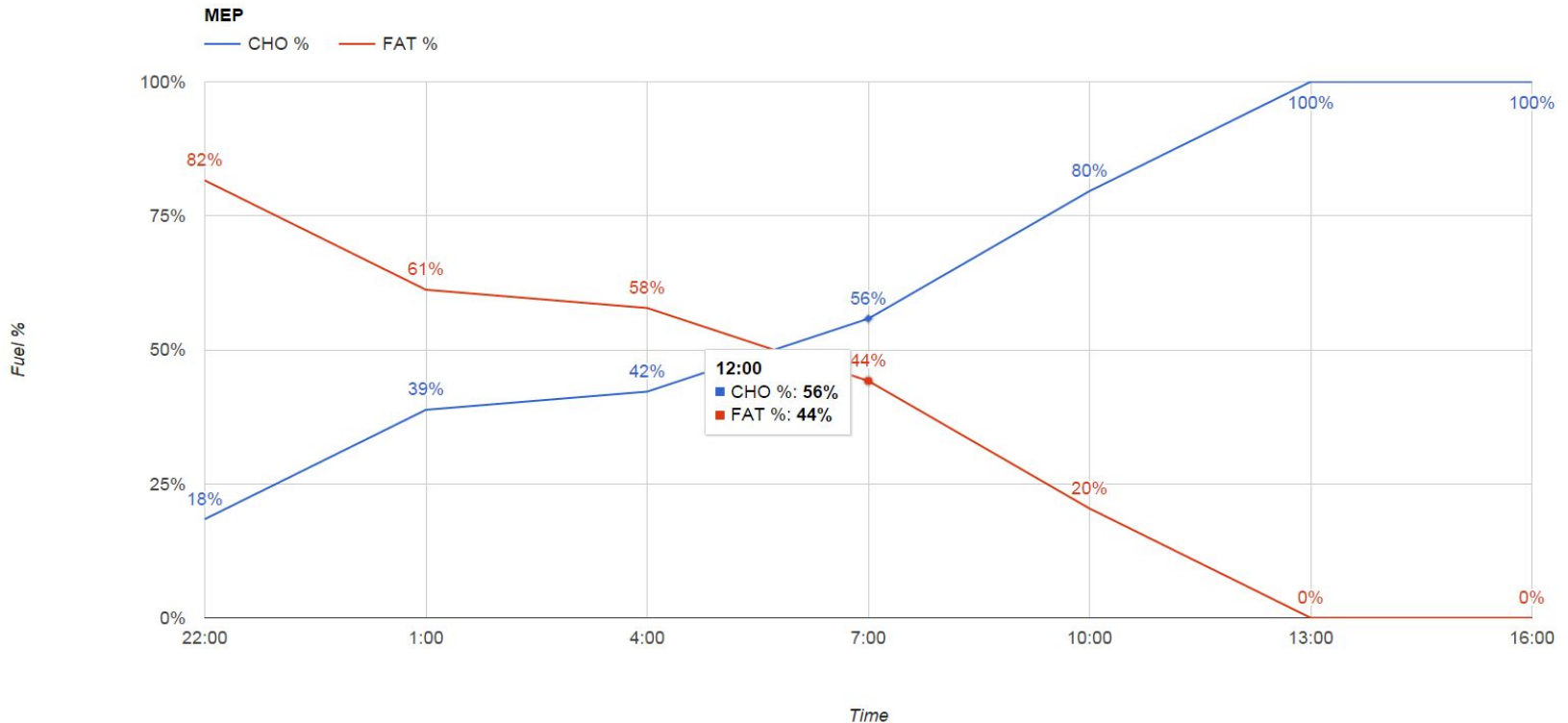
US Sugar Consumption, 1822-2005



# Sugar Burner vs Fat Burner



# Fat Burner vs Sugar Burner





# Nutrition Tips

- Eat clean, unprocessed foods
- Shop the perimeter of the grocery store.
- Fat is OK!! Avoid “fat-free” products. The fat calories have been replaced with sugar.
- Eat good quality fats- omega’s (avocado, meats, fish, oils, nuts)
- Go organic- get rid of the hormones and antibiotics “ Watch Food Inc”
- Consider Grain Free
- Food’s to reduce cortisol: dark chocolate, black tea, berries, garlic (reduce inflammation and oxidative stress), olive oil, wild salmon. - reduce inflammation and oxidative stress
- Baby steps...Make one or two changes at a time

# Quick Grab Foods

- Hard boiled eggs
- Yogurt (not no fat, no artificial sweeteners)
- Nuts & seeds
- Carrots and Hummus
- Fruit, berries ( reduce cortisol)
- Beef jerky

# Reference Books

Primal Blueprint - Mark Sisson

Wheat Belly - William Davis

Grain Brain - David Perlmutter, MD

Robert Lustig

# Setting Goals for 2016

- Think about what you want to achieve in 2016
  - events, nutrition, reduce stress
- Make your goals SMART
- Find someone to hold you accountable
- Come talk to us!



# Questions



# Nutrition Tips

