

Building a Peak Performing Body

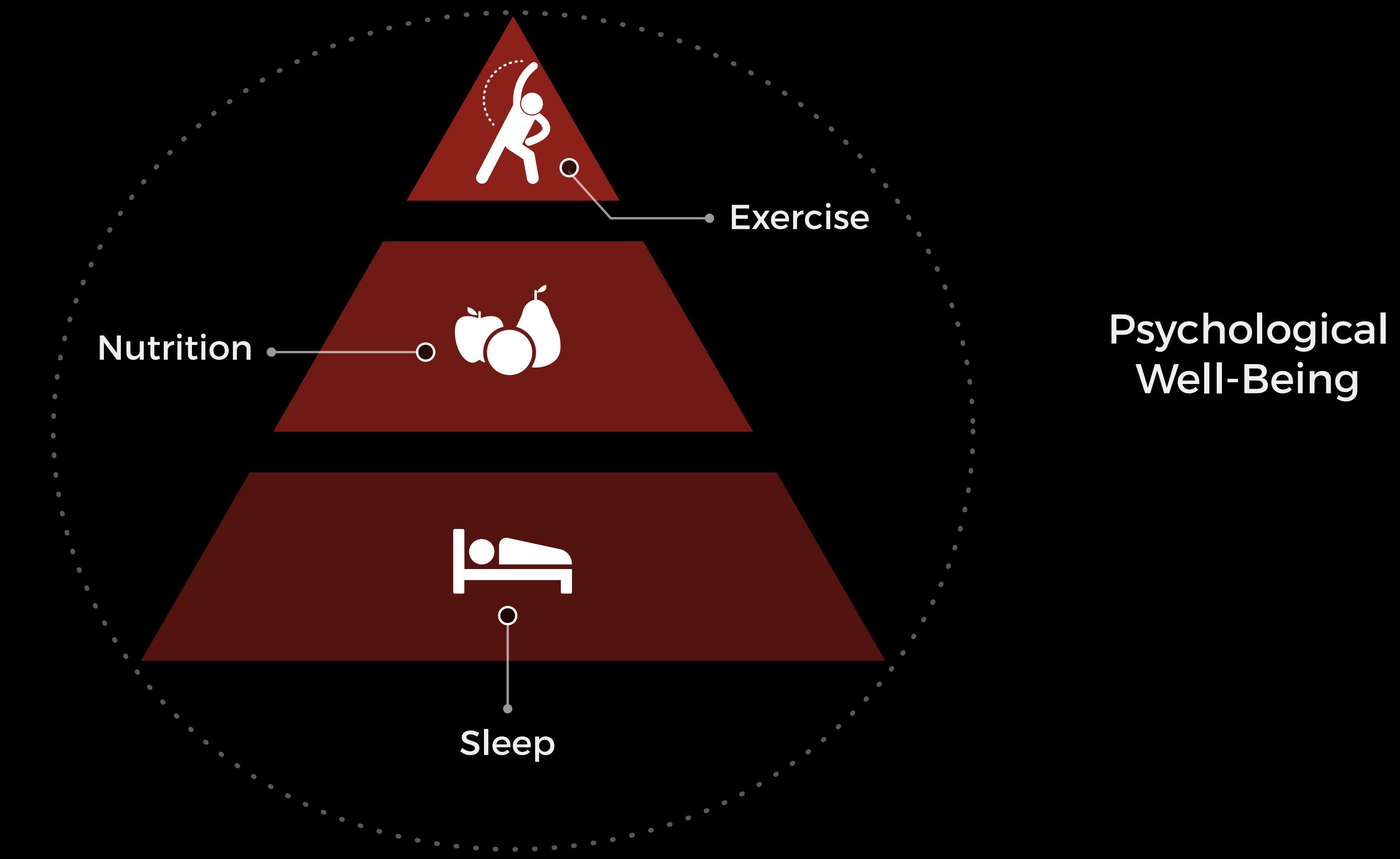
Today's Gameplan

- 1 Your Brain on Exercise
- 2 How Much Exercise Do We Really Need?
- 3 Embodied Cognition and Interoception

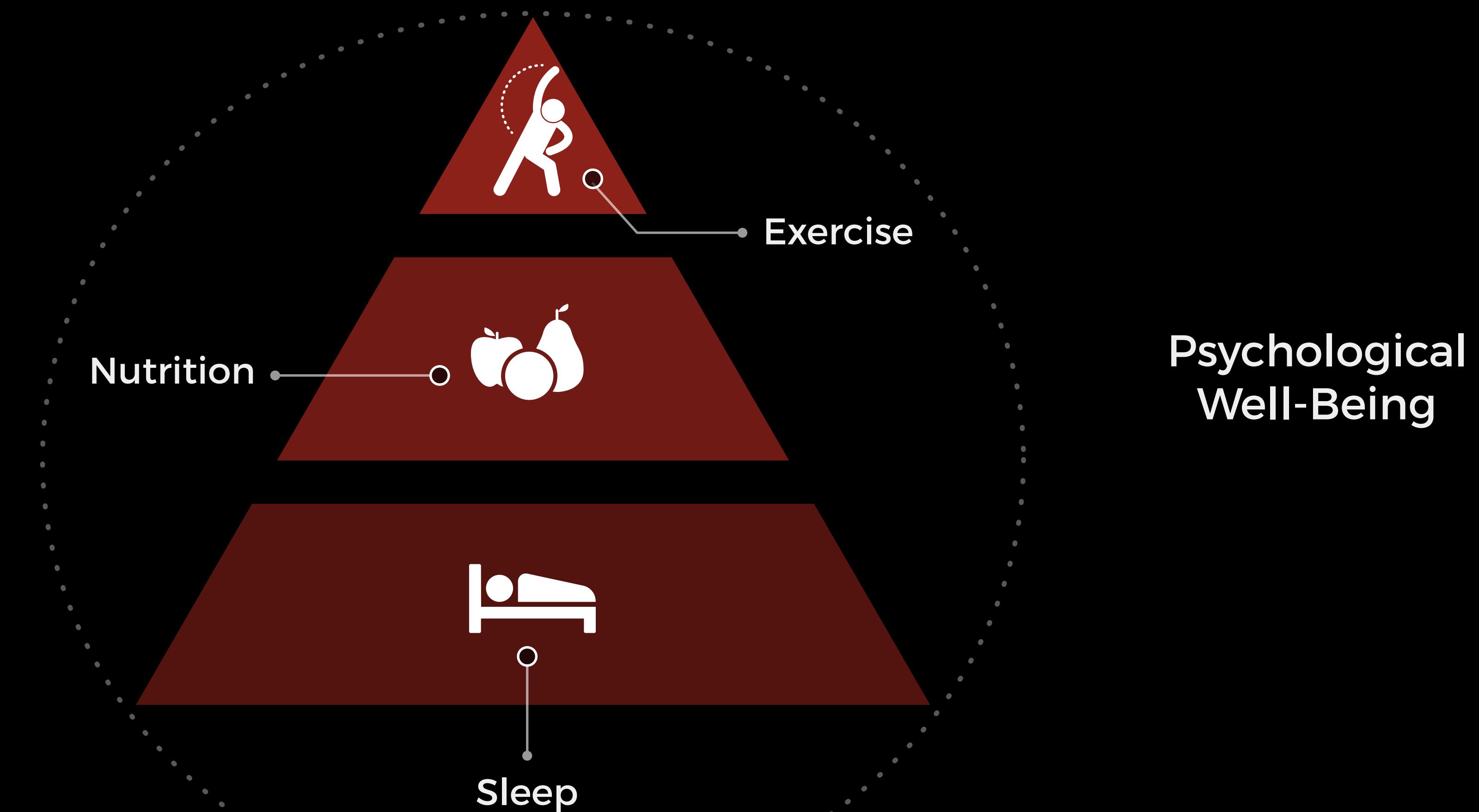
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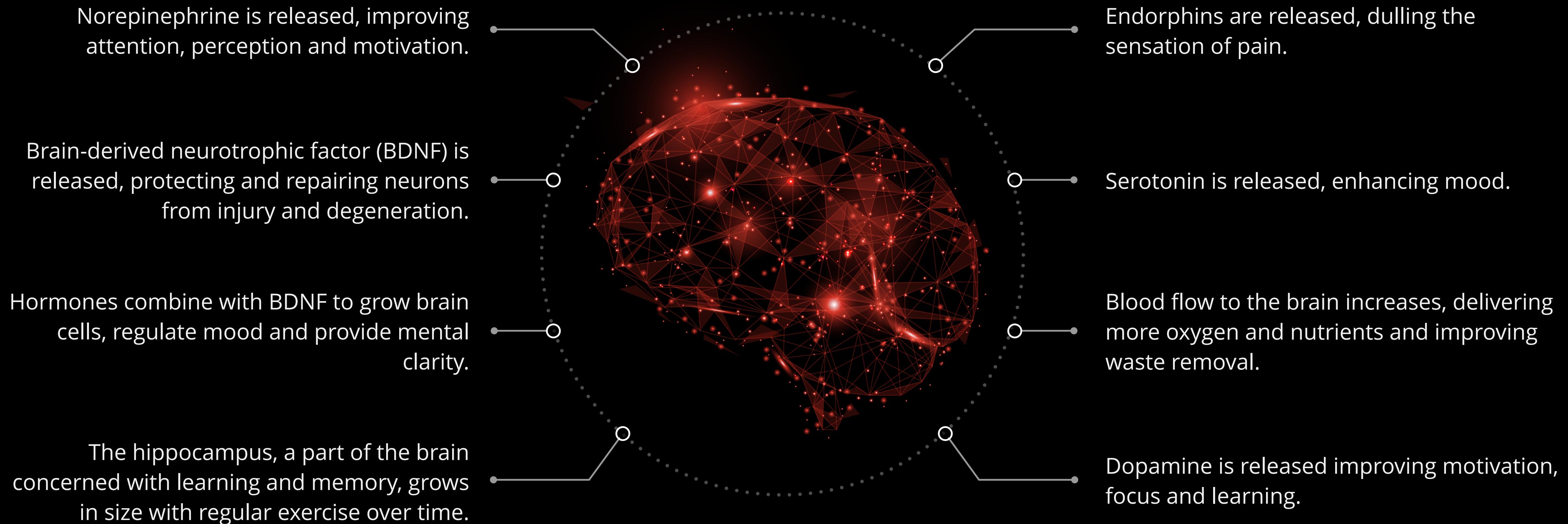
The End of Health



Exercise as Brushing Your Teeth, Eating or Sleeping



Your Brain Loves the Gym (or Sidewalk, Bike Trail, Pool...)



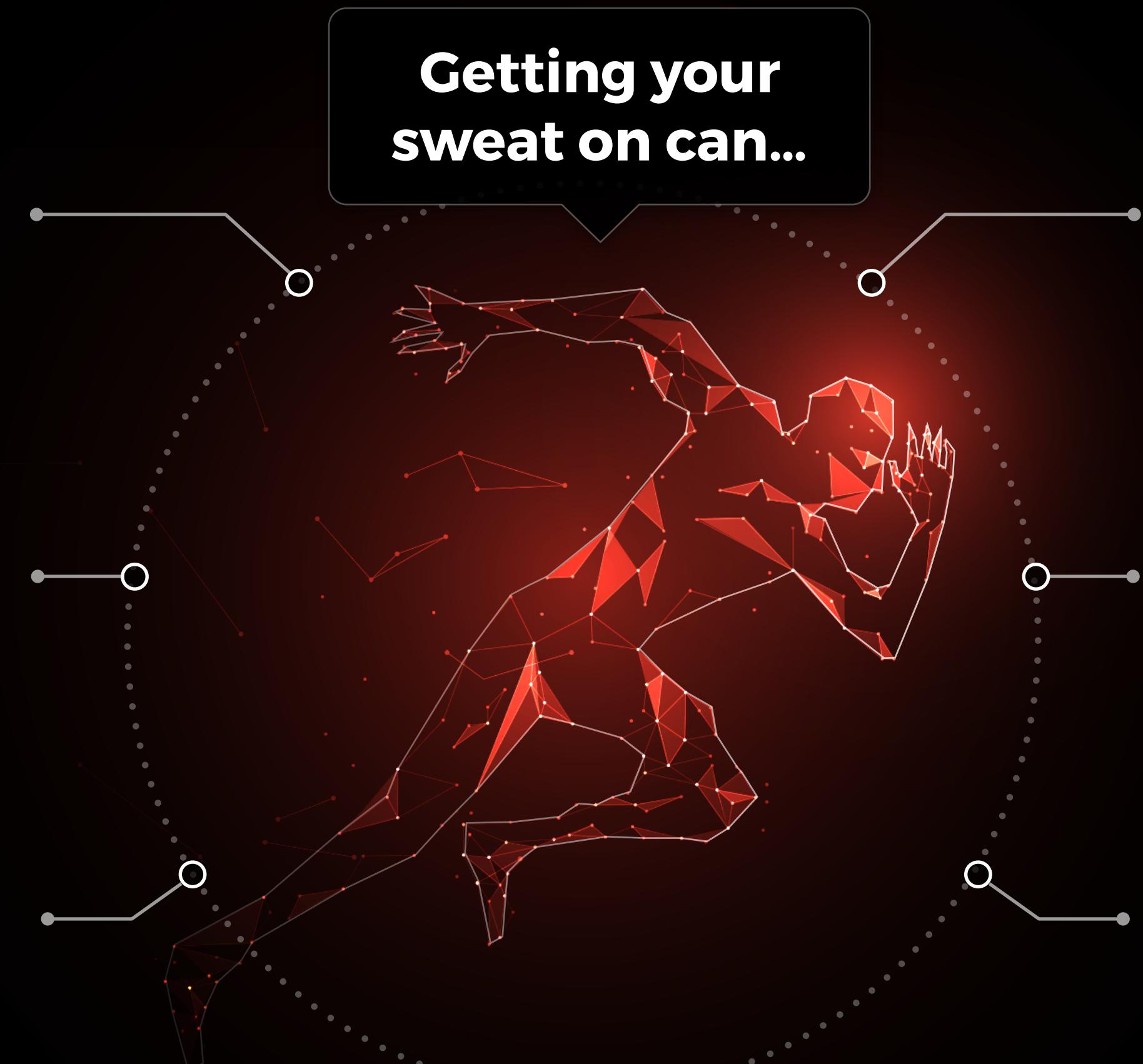
Your Brain on Exercise

Reduce the impairment of brain cells and **loss of coordination** related to **Parkinson's disease**.

Encourage the **pituitary gland** to release **endorphins**.

Reduce sensitivity to stress, depression and **anxiety**.

Getting your sweat on can...



Increase Functional activity of the **temporal lobe**, which is responsible for **storing sensory memories**.

Improve **learning** and **mental performance**

Help prevent & treat **Dementia**, **Alzheimer's** and **brain aging**.

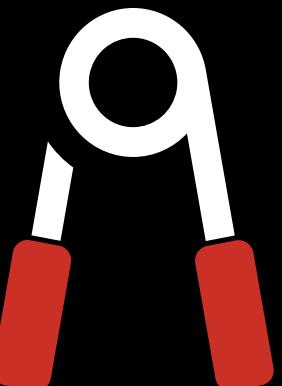
Increase levels of **brain-derived neurotrophic factor (BDNF)**, which maintains and regenerates adult nerve cells.

Cardio or Resistance Training? Both.



Cardio

- The American Heart Association calls for 150 minutes of cardio per week in 10-to-60 minute sessions. (Doing less than 10 won't benefit your heart.) Don't let arthritis discourage you, it worsens when you don't move. If you can't run, try brisk walking, swimming, biking, or the elliptical. (But keep in mind that only weight-bearing cardio benefits your bones.)
- It's natural to be sore when you start. But don't buy into "go hard or go home." Take a day off and let your body recover. If new pain develops with an established routine, stop. Then, tell your doctor.



Resistance

- Try to exercise each major muscle group two to three times a week. Work the big ones (chest, back, and legs) first. If there's time, tackle the small ones (biceps, triceps, and shoulders).
- Be sure to change your program every six to twelve weeks. This will build strength and resilience in muscle fibers. It will also prevent muscle injury. For help with proper form, seek help from any ACSM-certified or NSCA-certified personal trainer.

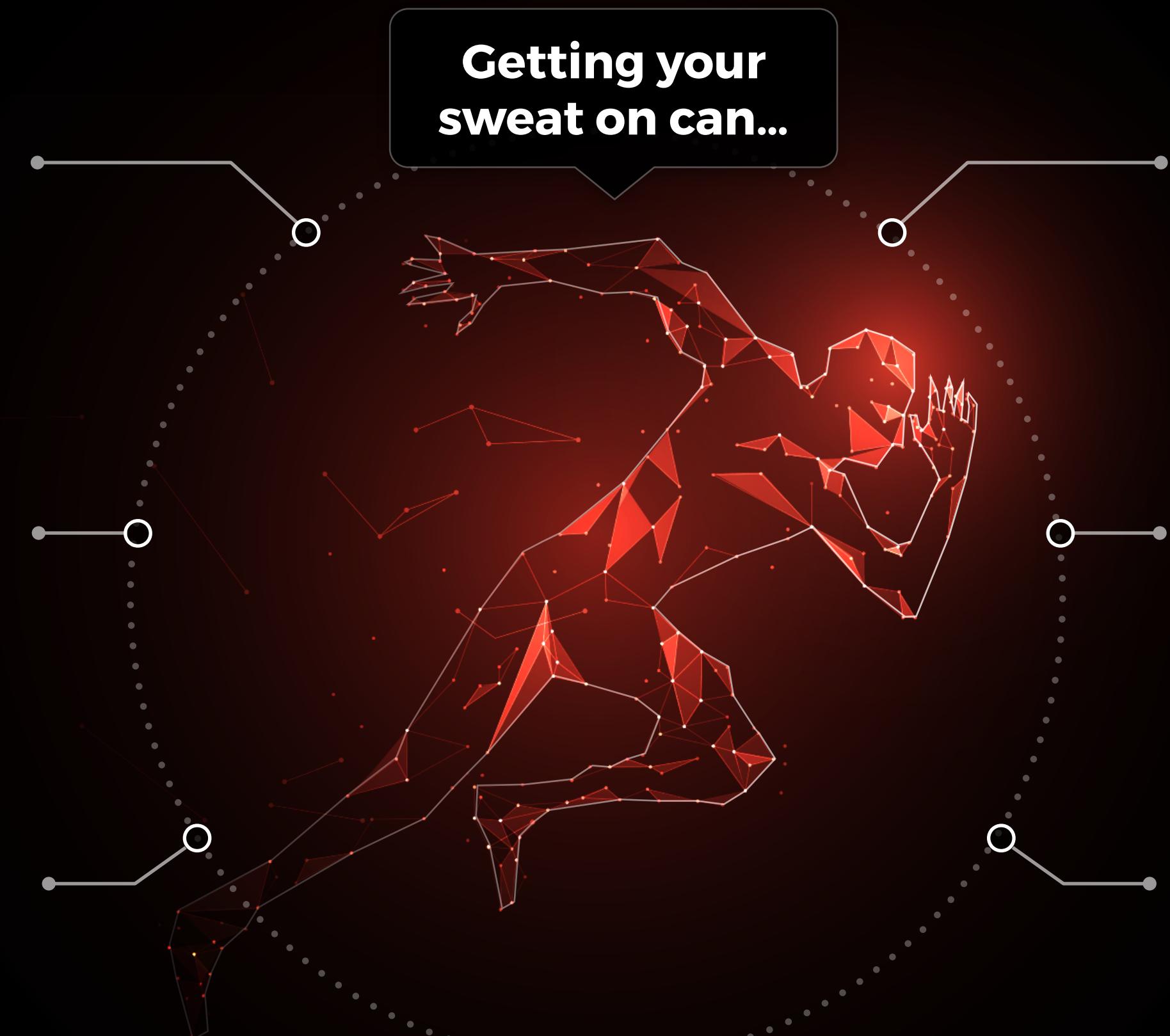
Exercise Is Not Just About Health or Appearance, It's About State Management

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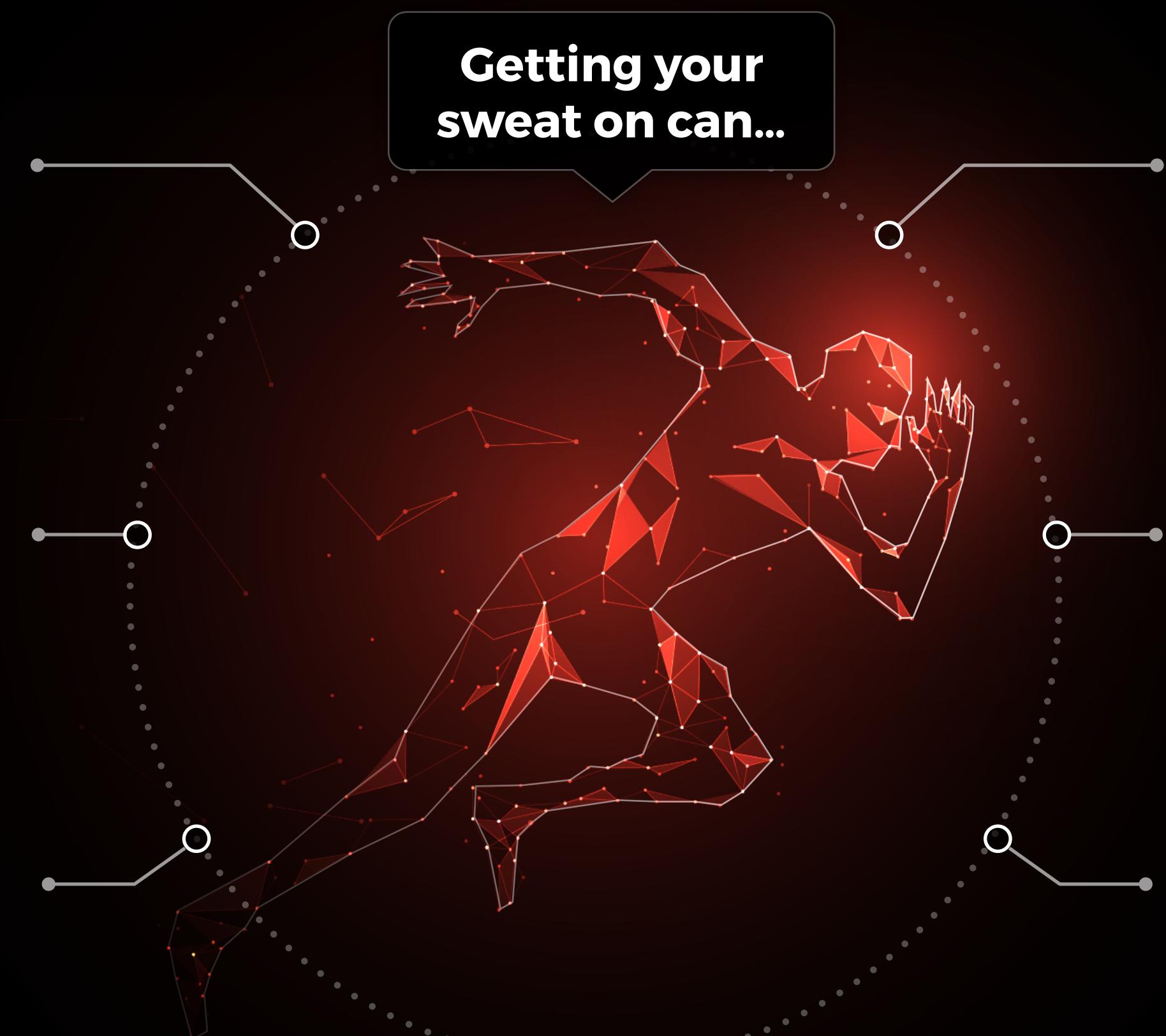
The Anandamide Pump and Exercise as a Powerful Supplement!

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Getting your sweat on can...



Increase functional activity of the temporal lobe, which is responsible for storing sensory memories.

Improve learning and mental performance.

Help prevent & treat dementia, Alzheimer's and brain aging.

Increase levels of brain-derived neurotrophic factor (BDNF), which maintains and regenerates adult nerve cells.

How Much Exercise Do You Need?

- 1** At least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic exercise per week. Or a combination.
- 2** Spread out throughout the week.
- 3** The more the better, up to a point.



Cardio or Resistance Training? Both.

Cardio

- Reduces risk of heart and vascular disease by lowering blood pressure, improving cholesterol profile and reducing systemic inflammation
- Increases insulin sensitivity and helps control weight, reducing risk of type 2 diabetes
- Reduces risk of Alzheimer's disease
- Reduces risk of colon, prostate and breast cancer

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- Weight-bearing cardio helps maintain bone density

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- Improves memory and thinking, reduces risk of dementia

-
- Improves energy, reduces stress, eases depression

Lowers Risk of Disease

- Builds lean muscle mass, ultimately reducing body fat (and thus risk of heart disease, hypertension and obesity-related cancers)
- Increases insulin sensitivity and helps control weight, reducing risk of type 2 diabetes
- Reduces risk of osteoporosis

Boost Musculoskeletal Health

- Improves joint stability and strength
- Improves flexibility, balance and coordination
- Has bigger impact on bone health

Boost Cognitive Health

- Improves memory and thinking, reduces risk of dementia

Improves Well-Being/Mood

- Improves energy, reduces stress, eases depression

Resistance

Step 1:
**Dial up NEAT with the
10,000 Steps a Day Hack**



Step 2:
**Implement the Optimal
Default Workout**



Step 3:
**Dial up Frequency, Dial
Down Duration**
(If Necessary)



Today's Gameplan

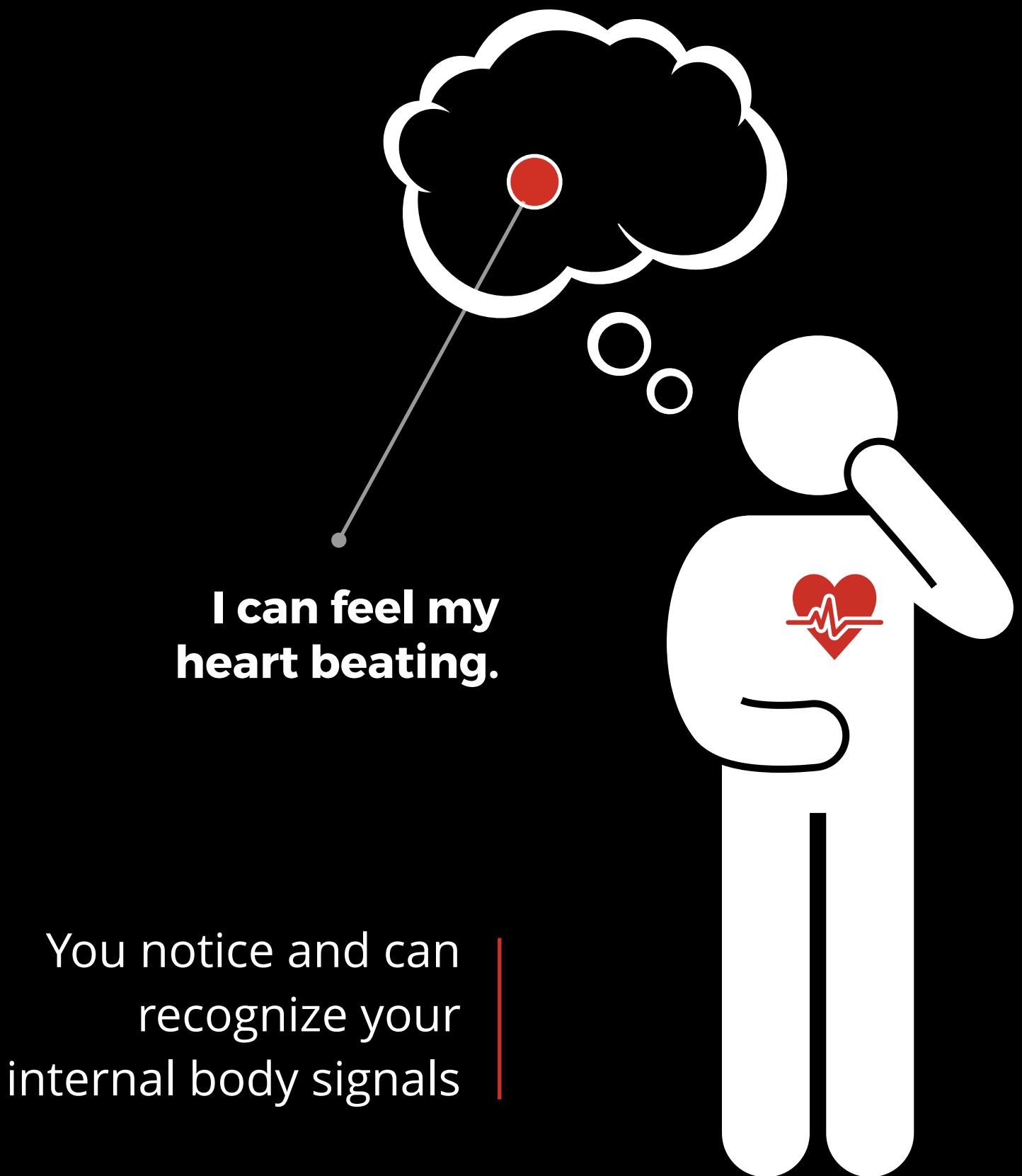
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Big Dog vs Asimo

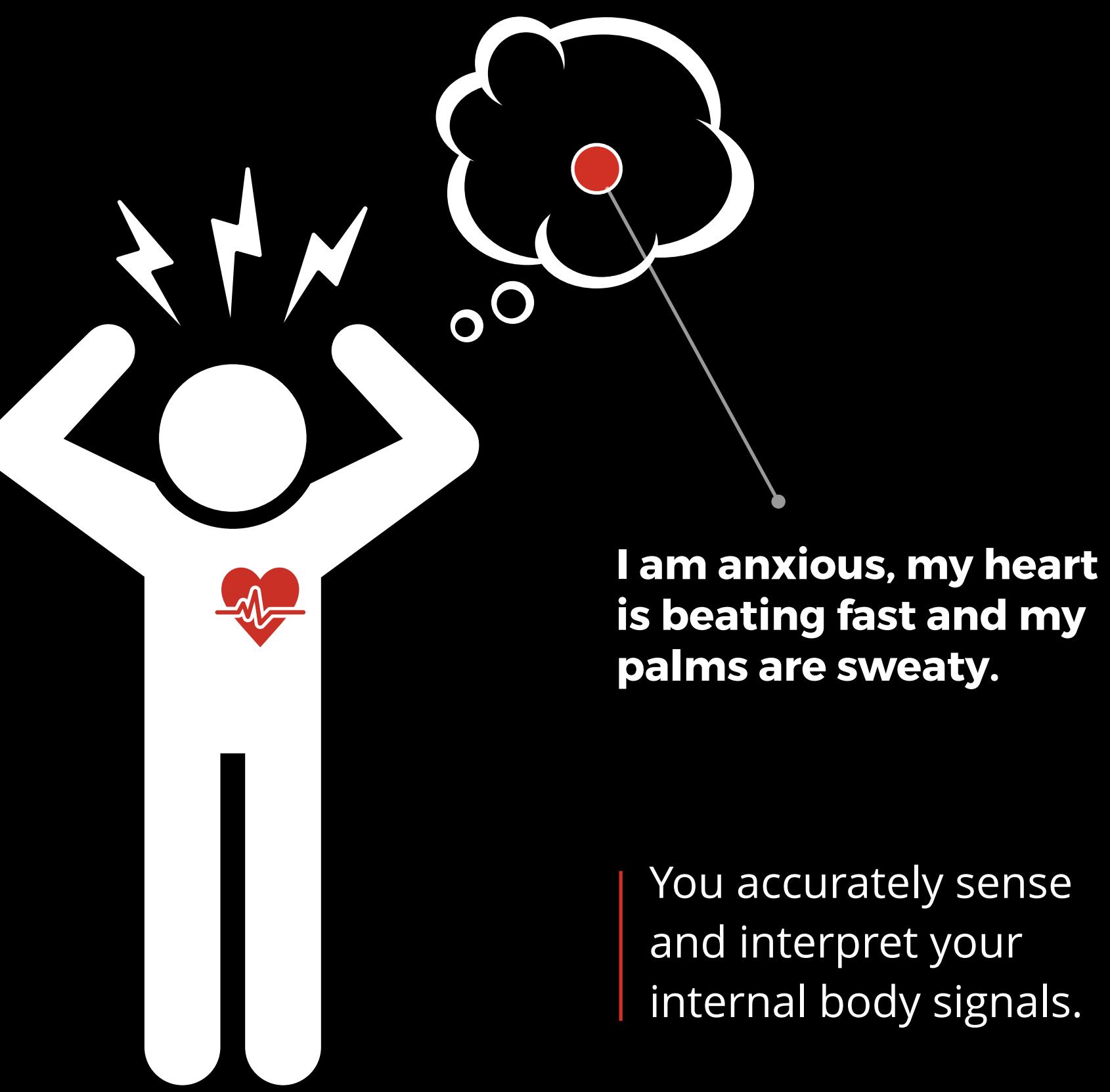


The Importance of Interoception

Interoceptive Awareness



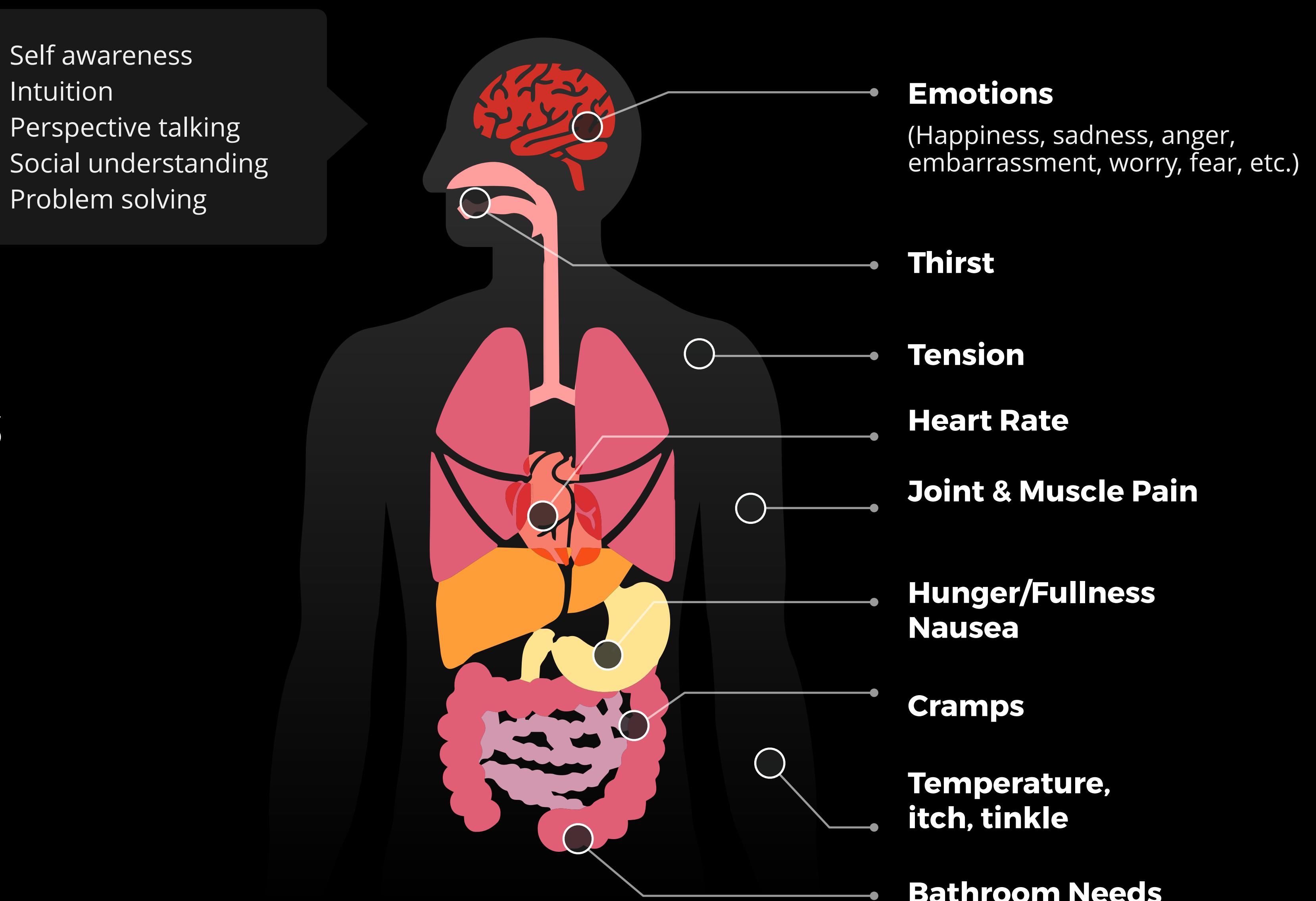
Interoceptive Accuracy



Interoception Is A Sixth Sense

How we know what's happening, and how we feel inside our bodies

- Self awareness
- Intuition
- Perspective talking
- Social understanding
- Problem solving



Interoception Directly Feeds One of Flow's Triggers Deep Embodiment

Deep Embodiment

This means total physical awareness. When you can direct your whole body at the task at hand, you will feel unstoppable.

This also means paying attention to multiple sensory streams at once. Not only our 5 senses but also INTEROCEPTION.

How Do We Increase Interoception and Leverage Deep Embodiment?

“ Interoception is a sense that provides information about the internal condition of our body—how our body is feeling on the inside. ”

... So anything that you find improves this.

8 Ways to Increase Interoception and Leverage Deep Embodiment

1 Daily Movement Practice

2 Common Calming Sensory Techniques

3 Common Alerting Sensory Techniques

4 Mindfulness Activities

5 Yoga, Massage, Breathwork

6 Mindful Awareness in Body-Oriented Therapy (MABT)

7 Tai Chi, Alexander Technique, Pilates

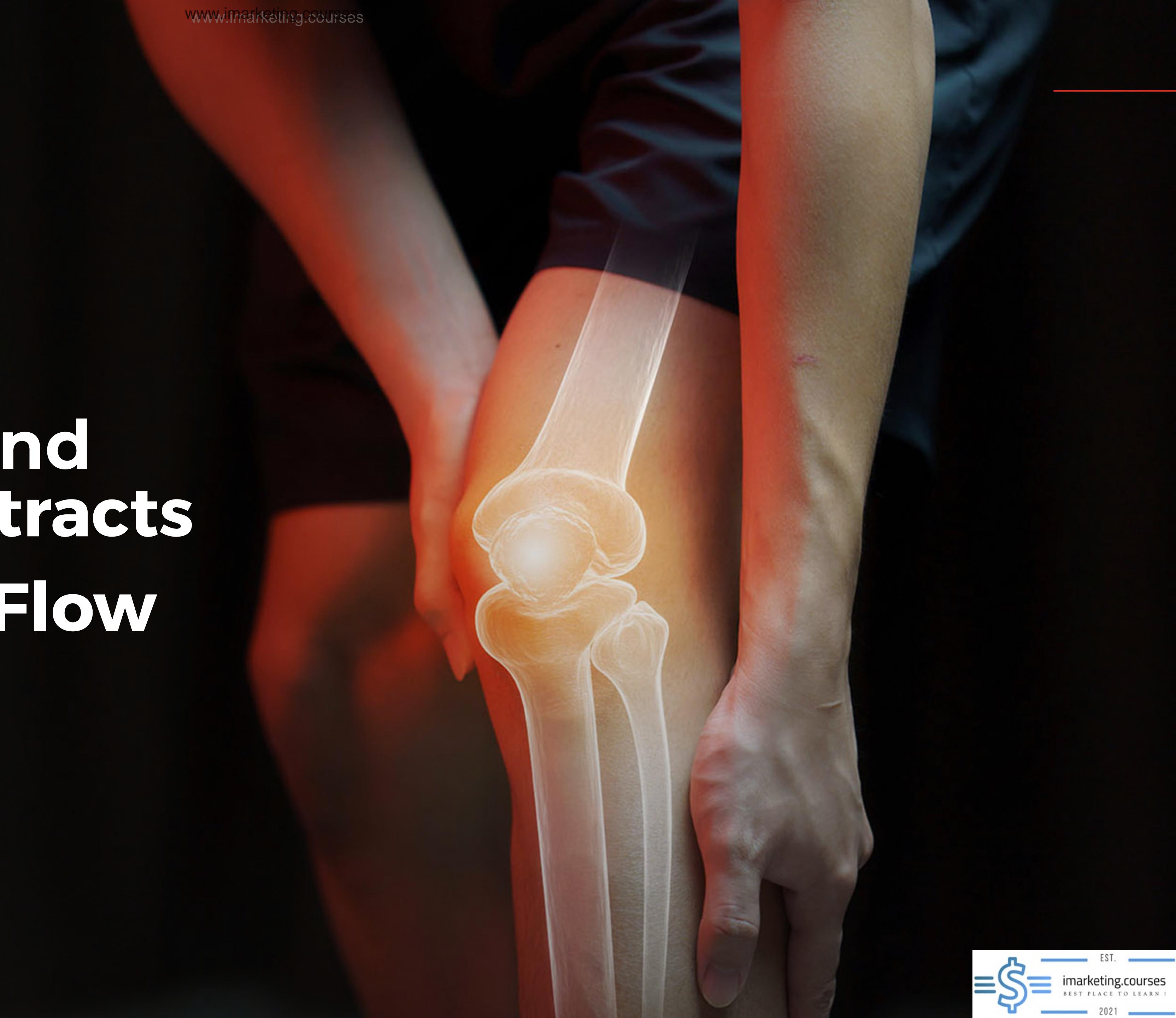
8 Dancing

One:

Daily Movement Practice – Stretching, Bending and Rolling



Physical Pain and Discomfort Distracts Us and Breaks Flow



Two:

Common Calming Sensory Techniques

Three:

Common Alerting Sensory Techniques



Four:
**Mindfulness
Activities**

Five:

Yoga, Massage, Breathwork

Six:

Mindful Awareness In Body-oriented Therapy (MABT)

Seven:

Tai Chi, Alexander Technique, Pilates



Eight: Dancing



What We've Covered:

- 1 Your Brain on Exercise
- 2 How Much Exercise Do We Really Need?
- 3 Embodied Cognition and Interoception

Exercise:

Pick One Workout & Do 3!



Download Workbook
To get started

Exercise:

Embodied Cognition Routine



Download Workbook
To get started

Exercise:

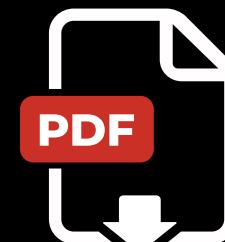
Address Your Pain!



Download Workbook
To get started

Exercise:

Take The Multidimensional Assessment Of Interoceptive Awareness



Download Workbook
To get started

