

Tuesday, November 12, 13

i know what it's like to grow up in med family
food is everywhere; food runs in our veins, second helpings are the norm and excess is expected.
for most of my life, relationship with food gratuity
worst part: normal
didn't question attitude
one of the greatest mistakes

throught adolescence, lethargic and tired
homework, if energy, fail to immerse
glass pane, difficult to concentrate, hard to become one with the world around me
support network compounded the problem
“mid afternoon blah” like it was normal

dropped out to live on my own, attitude changed
thanks to change, discovered lethargy due to consum of fast-releasing carbs
rush and crash contributed to years half engaged
makes sense: diabetes runs in family, cousin has it
for me, understanding my body has been key to my own self improvement.

nutrition massive role
This session is about this realization, and how you can use the science to get up easier in the morning, be less stressed throughout the day, and live a more fulfilling life.
You are what you do repeatedly; adjusting your diet is a practical, actionable way to become the best you you can be.

understanding body is huge topic
i can't cover it all
4 items on todo list
so you can start reaping the benefits of a healthier you.

Water. Drink it up.

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every 3 out of 4 dehydrated

60–70% body mass water

80% brain water

Yet as a population we are systematically dehydrated, suffering from the dearth of the most essential ingredient to our existence.

we rely cleaning waste products

products not removed negatively affects physical performance and mood

complicating this is salt intake

we only need 3–5 g

most people have 12g

the body's need for water becomes even greater

effects:

weakness

negative disposition

muscle cramps

Dehydration forces the heart to work harder to pump the same amount of blood to internal organs of the body.

Consequently, blood flow is diverted from the skin to internal organs. The heart works unnecessarily harder, and skin ages quicker.

can't afford not to be dehydrated

IOM: 3.7L for m, 2.7 for f

Water hack: bottles



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This presentation wouldn't be useful if I told you what to do but not how to do it well.

hack: buy 3 cheap 1L rubbermaid waterbottles

fill them at beginning of day

finish them by end

advantage: super simple way to stay hydrated, meet requirement

Sleep it up.

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how many wake alarm?

**A phone vibrating off of the table at 8am is one of the least compassionate sounds known to humankind.
Why do we allow ourselves to start on an awful note?**

i had trouble sleeping

30 min-hr to doze

That means 3.5 to 7 hours spent every week just trying to sleep.

can't afford that kind of time loss

doesn't factor decreased prod

Bad sleep is associated with weight gain, type 2 diabetes, and impaired immune function.

what are we doing to ourselves?

teenagers: 8.5-9.25

20+: 7-8

Just as important as your time spent is how consistent

committing hard hour stabilizes circadium rhythm

-> guarantees most benefit from every hour spent sleeping

Hack: Valerian root



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light herbal sedative

taken orally

non addictive

helped me ease mind when i had difficulty falling asleep

increasingly found i no longer needed it later on

Hack: B complex



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sometimes you have to pull all nighters
number one rule of all nighters: don't pull a lot of all nighters
hurts immune system, increases anxiety and doesn't allow body to remove toxins
if pulled consistently, disrupts sleep rhythm

if you have to pull an all nighter, best you can do is alleviate negative affects via supplementation

“Super B Complex”: b complexes, B6 and B12, sometimes folic acid
alleviate increased stress and anxiety
added energy (vitamin c!)

Exercise it up.

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what if you could sleep easily, dozing off in minutes?
what if you could wake up jolt energy every morning?
imagine what you could do if you could start right way every day

Research from NW university indicates marked decrease in sleep disturbances
-> Study focusing on adolescents: better concentration thanks to improved sleep
Compound these effects over the long term, and you reap a formula for being a more engaged, dynamic, and creative person.

three kinds of exercise
flexibility – yoga, not great for weight loss, great for reducing stress
aerobic – running, biking, climbing stairs. 60–80% max heart rate. good for weight loss, good for beginners. problem: easy to build up endurance
anaerobic – short bursts of intense. 80–100% of max heart rate. most intense form of exercise. optimal for weight loss/gaining muscle mass.

Hack: YouTube

XHITDaily - HIIT

superherofitnessTV - Hip hop, Latin, ethnic dance

LionsgateBeFIT - general

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high intensity interval training is hard to do without help
youtube is a great starting point for finding HIIT
many different kinds of videos allow for different focuses
some come with added benefit of teaching dance!

Understand your mind.

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we are remiss not to talk about role of mind in overall wellness
since renee descarte's mind-body dualism, it's been easy to do so
positive psychology is a recent development exploring mind-wellness connection
i'd like to borrow inspiration from 3 ideas from PP
can use these ideas to build a mental framework for success

Hedonic pleasure vs Eudaemonic pleasure

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different kinds of pleasure

hedonic pleasure: hearing a joke, eating an ice cream sandwich

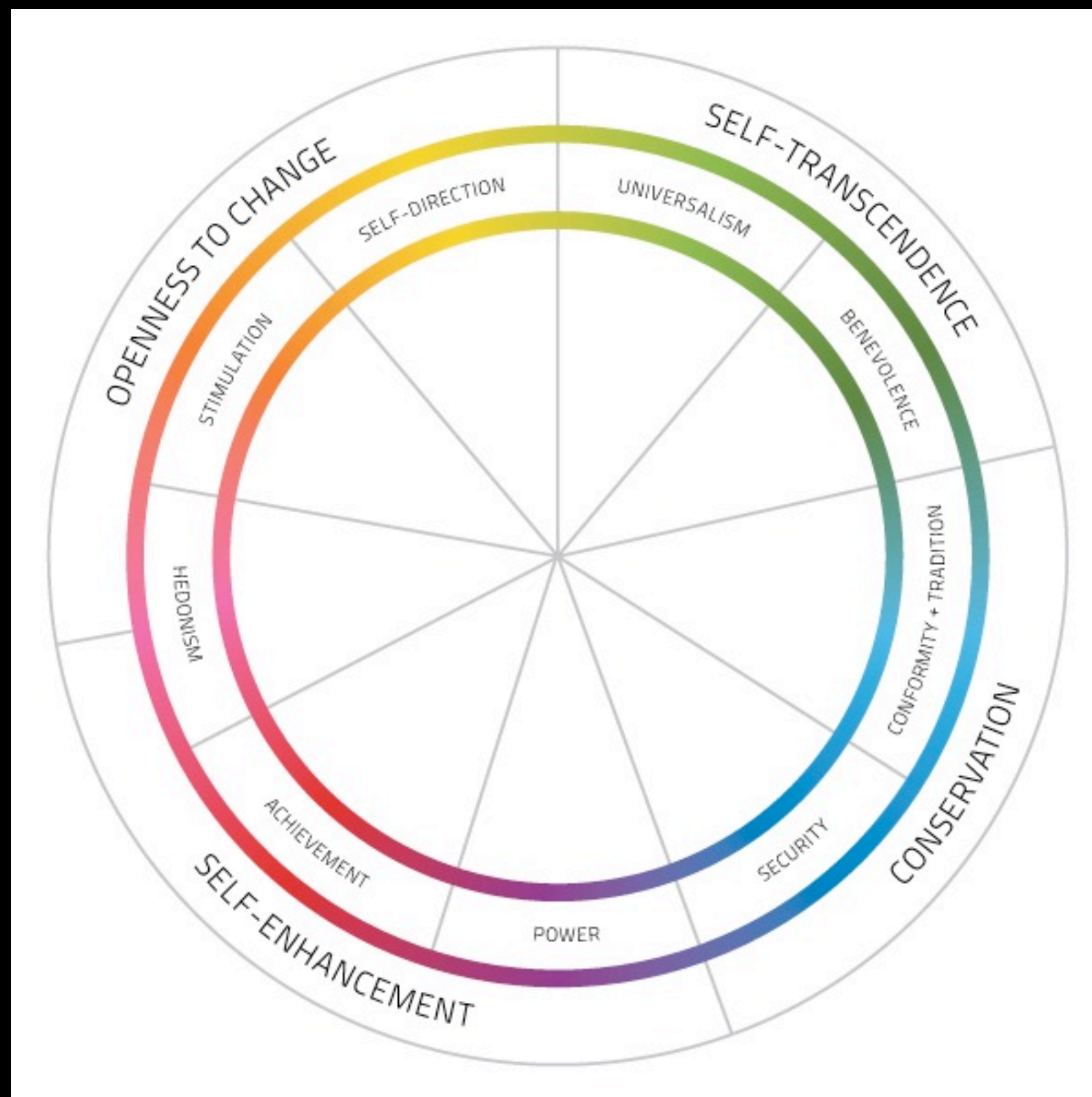
eudaemonic pleasure: solving a challenging problem, overcoming a difficult challenge

eudaemonic is not necessarily better than hedonic, and vice a versa

your task: think back to last 24–48 hours, make a list of things you did

categorize each action as hedonic or eudaemonic

are you happy with the ratio between eudaemonic and hedonic pleasures?



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schwartz's circumplex model organizes values held by many societies over time

everyone appreciates each value to some extent

most interesting is degree to which each value matters to you

values near each other are held by similar groups of people

values opposite each other are held by dissimilar groups of people

your goal: define where you rest on this graph

knowing what your values allows for value-behavior consistency

ABRAHAM MASLOW HIERARCHY OF NEEDS

Maslow, A. Motivation and
Personality (2nd ed.)
Harper & Row, 1970.



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most popular idea in positive psychology: maslow's hierarchy of needs



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recently revised for tech people

most basic needs at bottom

most elusive at top

self actualization: state of having all lower needs met

→ person exhibits highest level of creativity, individuality, confidence, etc.

your task: identify where you are in the hierarchy of needs

what do you have? what don't you have?

do you value what you do and don't have?

refer back to circumplex model to assess your values

make daily review time for yourself

did you execute on your values? did you satisfy your needs?

self-reflection is critical

do it daily.