

Health and Wellness Tricks & Tips

Munch & Learn
February 2020



Timescale

Disclaimer:

In no way are we, nor should we be, considered experts in this field :)

**A healthy person wants
10,000 things**

**A sick person only wants
1 thing**

Building Habits of Health



- How to program your mind for health [[Part 1](#)] [[Part 2](#)]
- Atomic Habits by James Clear [[Amazon Book Link](#)] [[Author interview 1](#)] [[Author Interview 2](#)]
- Health = compounding returns
- [Habits are good!](#)

Agenda



What we plan to cover..



Sleep



Fitness



Nutrition



Mindfulness

Sleep



Sleep Discussion



Topics

- Circadian Rhythm
- Sleep masks
- Weighted blankets
- Sleep aids / supplements

Sleep Resources



- Why We Sleep by Matthew Walker [[Amazon Book Link](#)] [[Summary](#)]
- Matthew Walker on Sleep [[Interview 0](#)] [[Interview 1](#)] [[Interview 2](#)] [[Interview 3](#)] [[Interview 4](#)]
- Why Sleep is more Important Than Diet [[Youtube](#)]
- Eat, Move, Sleep [[Amazon](#)]

Sleep Tech

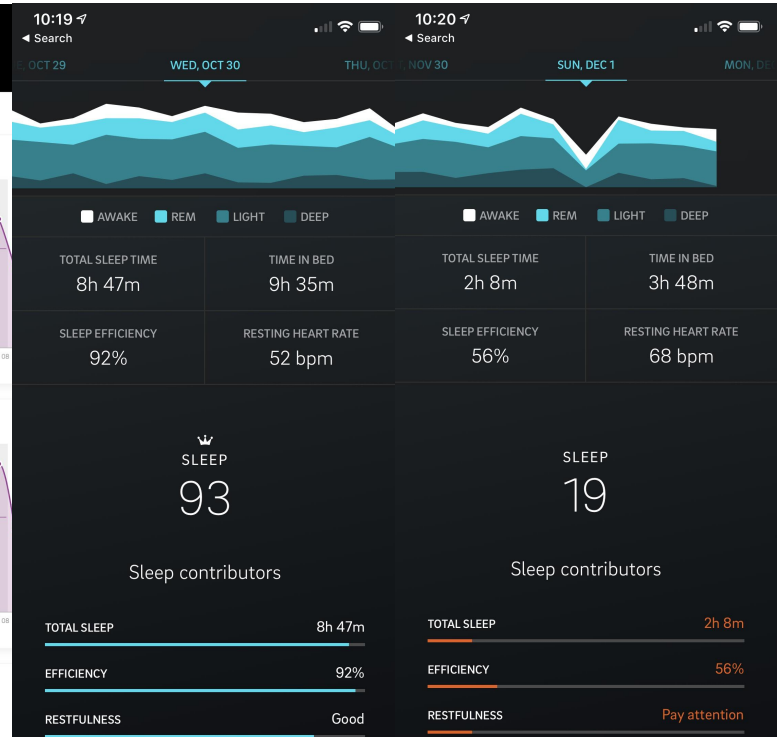
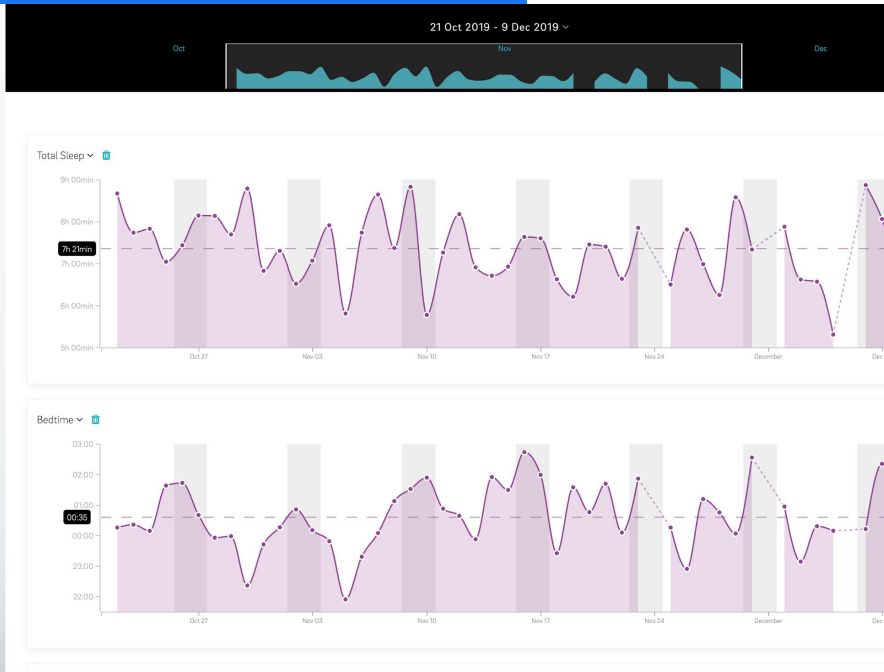
- Sleep trackers: [Oura Ring](#), [Whoop](#), [Fitbit](#), [Sleep Cycle](#), [Apple Watch](#)
- Mattresses: [Eight](#), [Chillipad](#)

OURA

Cloud

Dashboard
Trends
Guide
Help

Oura Teams
Oura Developer
My Account
Sign out



Fitness



Fitness Discussion



Topics

- Foam rollers
- Tabata / HIIT training
- Fitness apps
- At home equipment (Peloton, The Mirror)

Fitness Resources



- Article on Exercise and Brain Function [[Article Link](#)]
- Happy Body by Jerzy Gregorek [[Amazon Book Link](#)]
- [4 Hour Body](#) by Tim Ferriss
- [Strength Sensei](#)
- [Pavel Tsatsouline](#)
- [Ben Pakulski](#)
- [Tabata Stopwatch Pro](#)
 - [The one minute workout](#)
- [Fightmaster Yoga](#)
- [5 minute Mobility routine](#)
- [StrongFit](#)
- [Free ClassPass Trial](#)

Nutrition



Nutrition Discussion



Topics

- Mindful eating “diet”
- New [nutrition labels](#) (changed serving size)
- Using nutrition instead of behavioural change
- Meal delivery kits

Nutrition Resources



- The Diabetes Code/ The Obesity Code by Dr Jason Fung [\[Amazon Link\]](#) [\[Interview\]](#)
- The Paleo Solution by Robb Wolf [\[Amazon Book Link\]](#)
- Eat, Move, Sleep by Tom Rath [\[Amazon Book Link\]](#) [\[Summary\]](#)
- [Nutrition and the Nervous System](#) (Strongfit link)
- Peter Attia + [The Drive Podcast](#)
- The [Omnivore's Dilemma](#) and [Food Rules](#) by Michael Pollan
- PCMag Review of the [Best Meal Kit Delivery Services for 2020](#)

Mindfulness



Mindfulness Discussion



Topics

- Essential oils / diffusers
- Meditation apps
- Social media
- Breathing (Wim Hoff, Mouth, Nose)

Mindfulness Resources



- [Headspace, Calm](#)
- [Wim Hof Breathwork](#)
- Yoga/yoga retreats
- Himalayan salt cave
- Regular massages
- [Tara Brach Guided Meditations](#)
- [Adhyashanti meditations](#)
- Getting Things Done: The Art of Stress Free Productivity
[\[Amazon Link\]](#) [\[Author Interview\]](#) [\[TED Talk\]](#) [\[Author podcast\]](#)

Questions?

Comments?

Ideas you'd like to share?

APPENDIX + MORE RESOURCES

Sleep



Best practices

- Adults should get 7-9 hours of sleep per night (varies person to person)
- Reduce blue light exposure at night (which also means not using electronic devices...)
- Don't drink lots of caffeine after 3-4pm (since caffeine can stay elevated in your blood for 6-8 hours)
- Try not to take a nap that lasts longer than 30 minutes
- Try and fall asleep / wake up at consistent times to help your body's circadian rhythm
- Dark Room, [Eye Mask](#), [Melatonin](#)
- Food and sleep

Fitness



Industry Stats

- “Not exercising is worse for your health than smoking, diabetes and heart disease”
 - [Cleveland Clinic Study](#)
- “Less than 5% of adults participate in 30 minutes of physical activity each day; only one in three adults receive the recommended amount of physical activity each week.”
 - Dept. of Health & Human Services recommends 150 minutes of moderate activity or 75 minutes of vigorous activity
- “Opposite of people who cross-train, people who do the same daily type of exercise regularly are more prone to injury.” (overuse of the same muscle groups)

Fitness



Find **what** works for you

- High Intensity Interval Training (HIIT): cross-fit, spin classes
- Strength Training: lifting weights, barre, pilates, yoga
- Playing a Sport: basketball, skiing, tennis
- At Home Workouts: anything you could imagine on demand
- DO SOMETHING, no matter how small
- *Recovery is just as important as the warm up (neglecting can lead to injury)*

Find **when** works for you

- AM vs. PM
- Set a goal of X amount of times per week
- Signing up for a class/promising a friend holds you accountable

Nutrition



Recommendations

- USDA's Dietary Guidelines recommend adults eat anywhere from 5 to 13 servings of fruits and vegetables per day (varies by age, gender, physical activity, and overall health)
- Find out if you have an intolerance (gluten, dairy, caffeine, alcohol etc.)
- Eat real food, mostly vegetables, not too much.

Travel



Tips to stay on track

- Circadian Rhythm
- Fasting while travelling
- Sleeping on flights
- Drink water NOT alcohol or caffeine
- Regularly wash your hands and sanitize your phone (!)

Mindfulness



Recommendations

- Social media/app detox (or monitor via screen time)
 - Instagram on removing likes: “we will make decisions that hurt the business if they help people’s wellbeing and health.”
- Develop a routine in the morning / night that you look forward to

Travel



Travel Discussion



Topics

- [20 Seconds to Optimize Hand Wellness](#)
- [How likely are you to actually get sick from being on a plane?](#)