

ENERGY OPTIMIZATION



MED I WELL



PRESENTED BY MED-I-WELL SERVICES

ABOUT ME

PROFESSIONALLY

- Director of Wellness and Co-Owner at Med-I-Well Services
- Master's in Public Health from Lakehead University
- Bachelors of Science in Exercise Science from the University of South Florida
- ICF Certified Professional Life Coach
- Certified Personal Trainer (ACSM)
- Certified Pre- and Postnatal Coach (GSS)



MED-I-WELL

WHO WE ARE

We are a Sudbury-based business that helps organizations and their employees thrive.

WHAT WE DO

We create customized corporate wellness programs that positively impact employees' mental, physical and emotional health as well as directly impact the organization's health culture to achieve sustainable improvements.



WHY ENERGY OPTIMIZATION?



SIMPLE STRATEGIES

WITHIN OUR CONTROL

HUGE BENEFITS

SUSTAINABLE MODEL

TIME

"I DON'T HAVE ENOUGH TIME!"

ENERGY

*CAN BE SYSTEMATICALLY
EXPANDED AND REGULARLY
RENEWED.*



Useful for organizing and prioritizing our time.

Helps us see opportunities in our day to fit in healthy behaviours.

Problem= there are still only 24 hours in a day.

TIME MANAGEMENT

ENERGY MANAGEMENT

Def: Capacity to work, and in humans, it incorporates our mind, body and emotions.

Can be systematically expanded and regularly renewed.

Creating more natural energy with the time we have.

ENERGY AUDIT



ENERGY AUDIT



ENERGY AUDIT



**ENERGY
GAINERS**



**ENERGY
DRAINERS**





ENERGY DRAINERS

- 1** YOU ARE LOW ON YOUR OWN PRIORITY LIST
- 2** DAILY TRANSITIONS
- 3** MULTI-TASKING
- 4** VALUES & ENERGY
- 5** MINDSET





 **YOU ARE LOW ON YOUR OWN PRIORITY LIST**

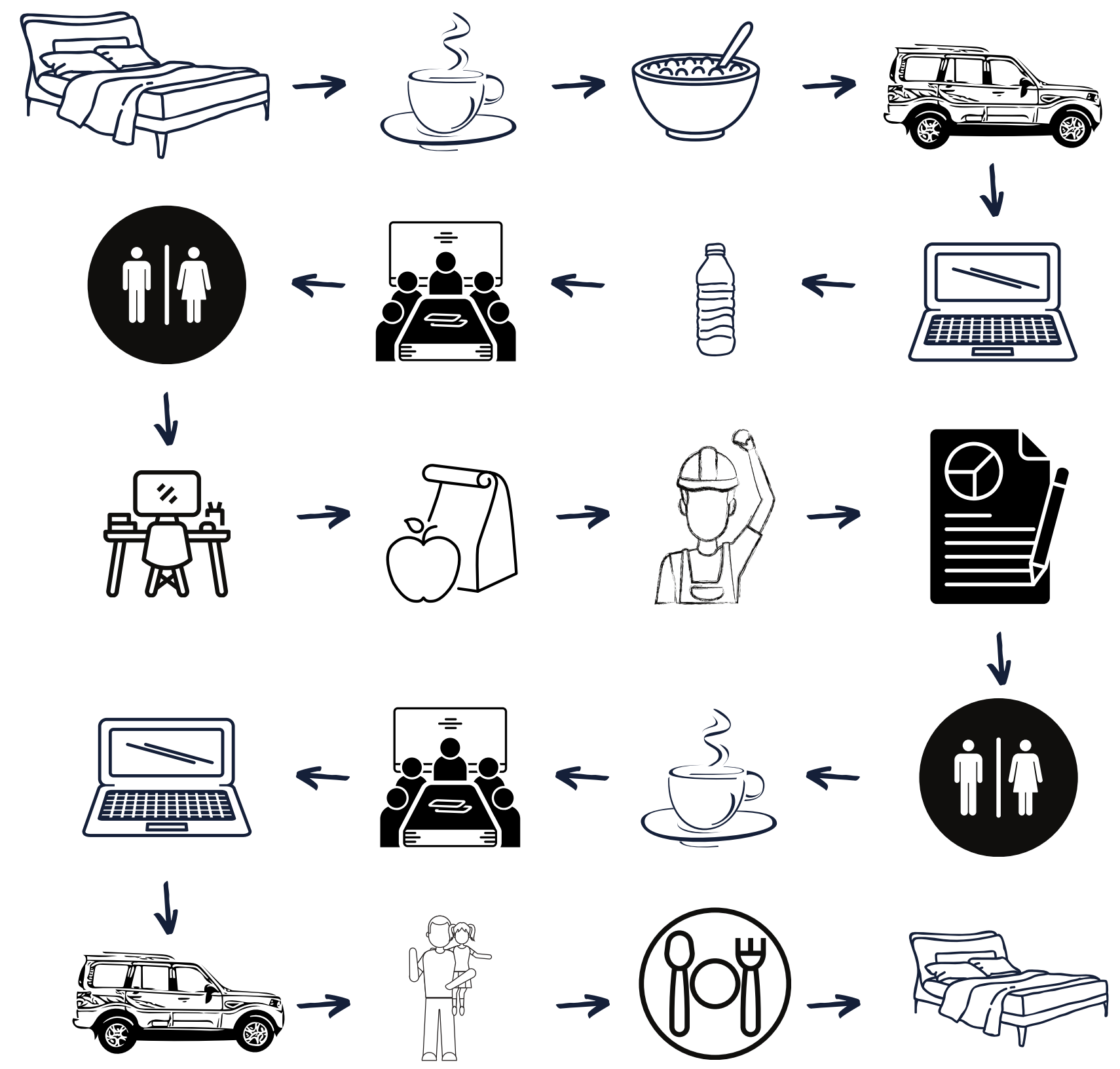
WHERE ARE YOU?



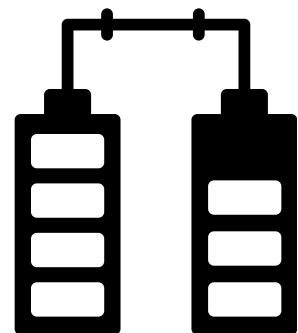


DAILY TRANSITIONS

- *Hundreds in your day*
- *Opportunity to optimize energy (and health)*



*Own your
transitions to
optimize your
energy and
productivity*



Do you ever carry over negative energy from one activity to the next?



Do you ever feel drained but still plow through to your next activity without taking a moment to pause?



Are you losing your sense of presence, appreciation, and joy the further you go in your day?

1**PAUSE****2****TAKE A FEW DEEP
BREATHS****3****SET AN INTENTION FOR
YOUR NEXT ACTIONS**

*HOW DO YOU
OWN YOUR
TRANSITIONS?*



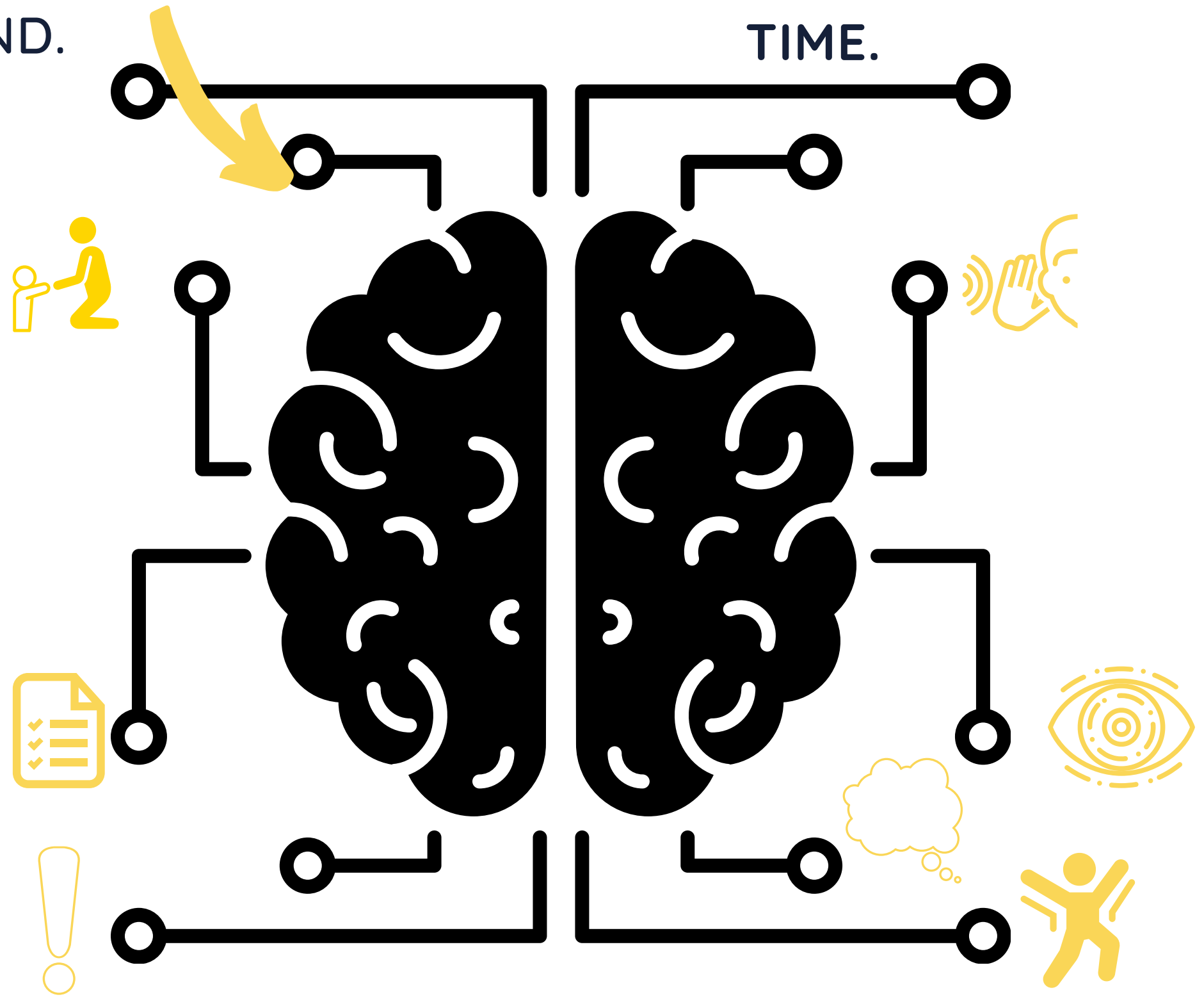
DITCH MULTI-TASKING

- *Decreases productivity*
- *Drains our energy*
- *Stresses us out*



OUR BRAIN RECEIVES
11 MILLION "BITS" OF INFO
EACH SECOND.

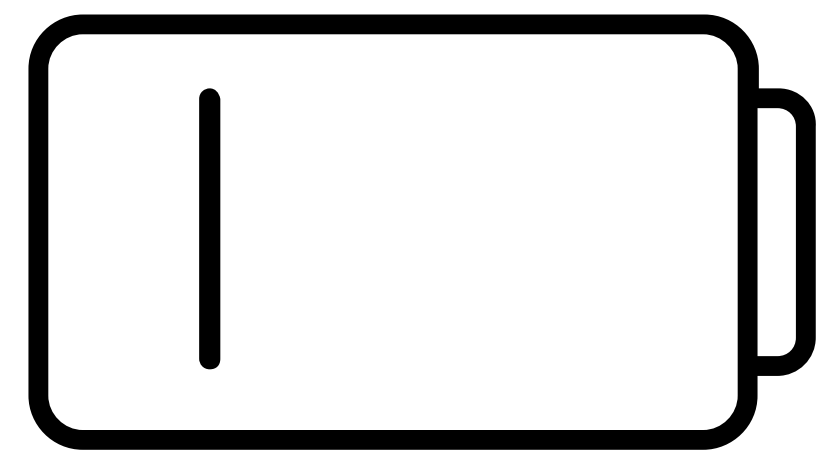
IT CAN ONLY
PROCESS 40 AT A
TIME.



*Our brain
on multi-
tasking*

Our brain on multi-tasking

BRAIN IS RAPIDLY SWITCHING BETWEEN TASKS

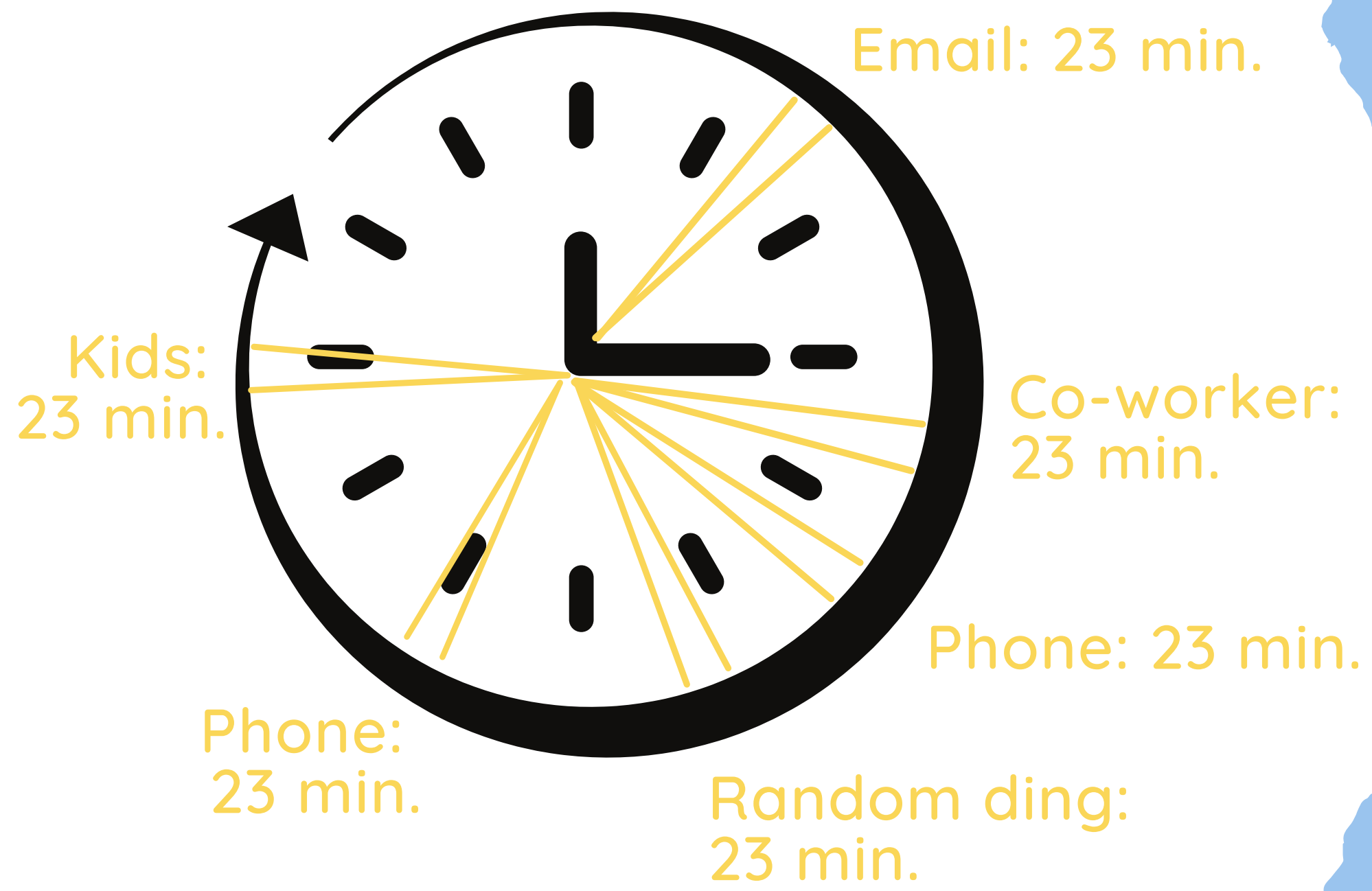


SPREADS FOCUS AND ENERGY THIN



40%

OF PRODUCTIVITY IS LOST BY MULTI-TASKING.



It takes
23
MINUTES

to refocus and get back on task every time you get distracted from the task at hand.

138 MINUTES = 2.3 HOURS
GAINED



ARE YOUR VALUES & ENERGY EXPENDITURE ALIGNED?



WHAT ARE VALUES?

The principles, beliefs and attitudes that guide your decisions, actions and behaviours.

THEIR PURPOSE

They define who you are and what matters to you.

BENEFITS

Improved energy levels, focus, happiness, sense of fulfillment and productivity.

FAMILY

FITNESS

JOY

HONESTY

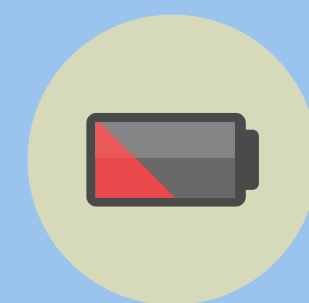
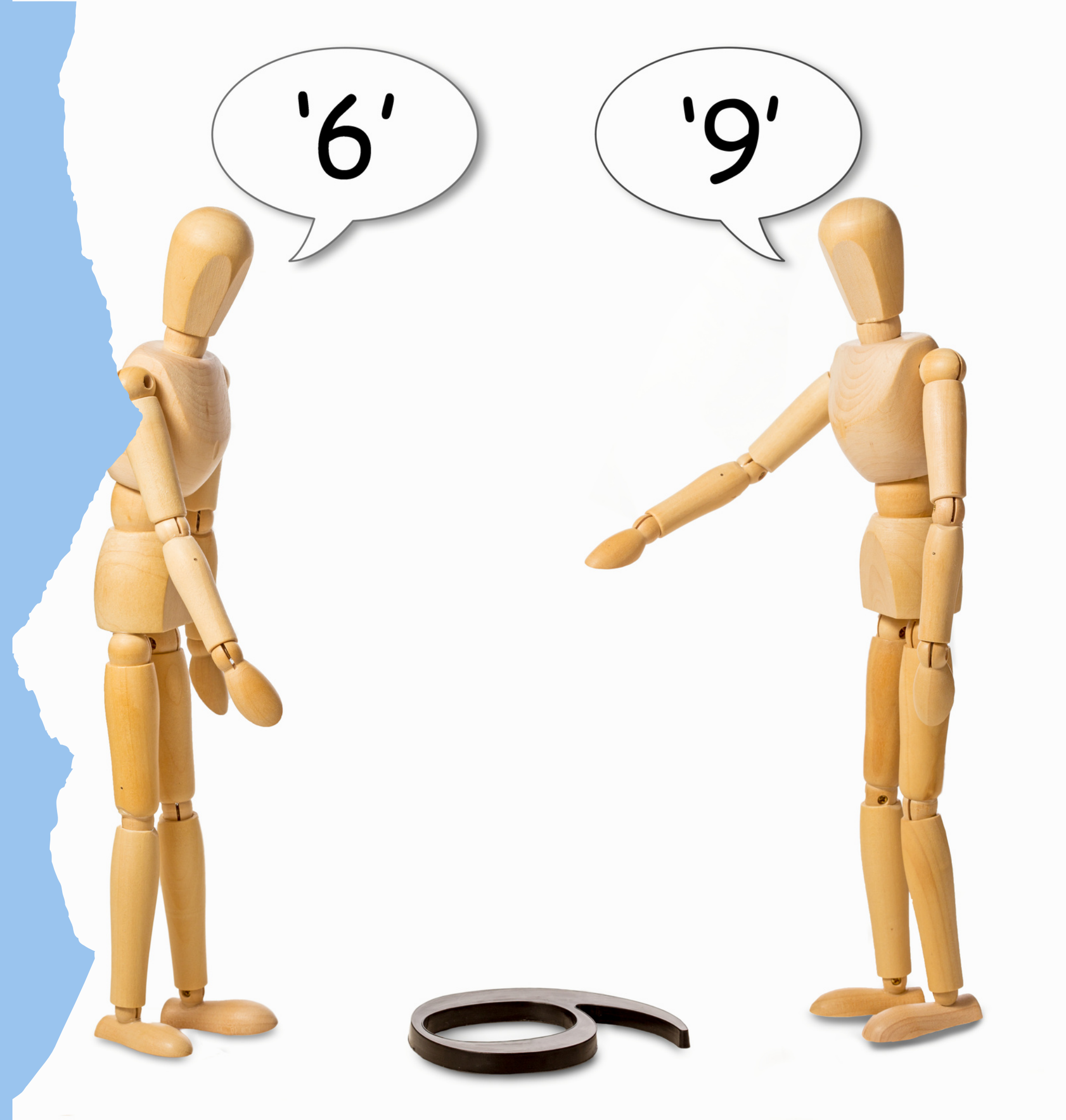
COMPASSION

HUMANITARIANISM

DEPENDABILITY

SAFETY

LOYALTY



MINDSET

Practice gratitude



ENERGY GAINERS

THE MECHANISMS AT WORK

- *Circadian rhythm*
- *Ultradian rhythm*

OPTIMIZE HIGH ENERGY TIMES

RECHARGE THROUGHOUT THE DAY

FOOD IS FUEL

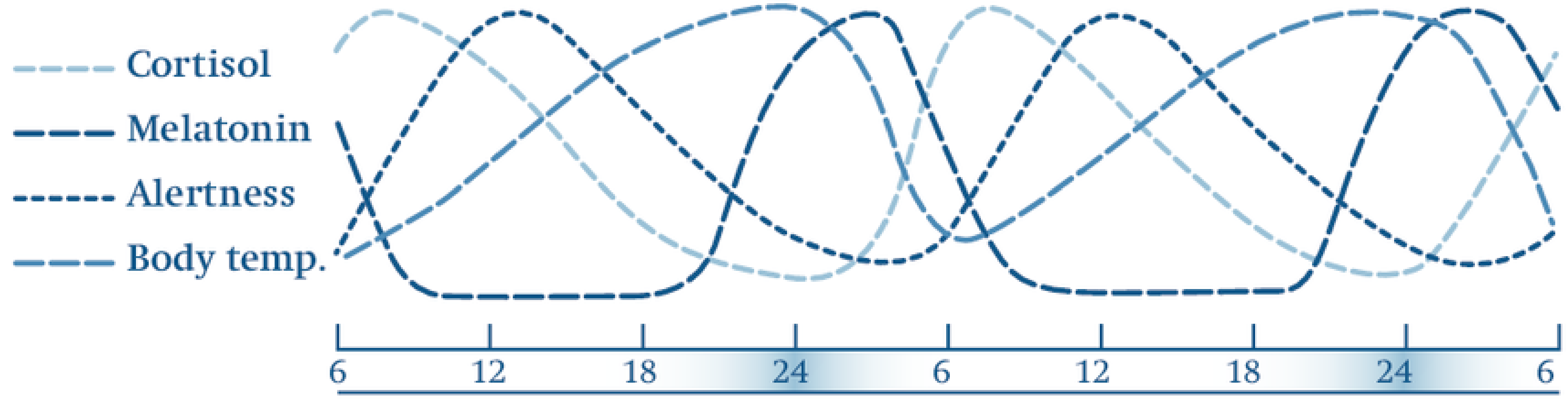
ACTIVATE YOUR ENERGY LEVELS

CIRCADIAN RHYTHM

The natural, internal process that regulates the sleep-wake cycle and repeats roughly every 24 hours.



Exposure to light and temperature play a large role in regulating this cycle.





WAKE UP WITH LIGHT

Exposure to natural light, especially early in the day helps wake you up and reinforce the strongest circadian cue.



COLD SHOWER IN THE AM

Expose your system to cold upon waking. This will actually warm your body up internally and ultimately help to wake you up.



HIGH ENERGY TIMES

Usually occurs at the start of the day before lunch time. Your mind and body are ready and primed to “work”.



LOW ENERGY TIMES

This natural dip in energy occurs between 1-3 pm or 2-4 pm. Be strategic with what you plan during this time.



STRATEGIC CAFFEINE CONSUMPTION

When you wake, there is a natural increase in cortisol levels so wait ~2 hours for your first coffee.



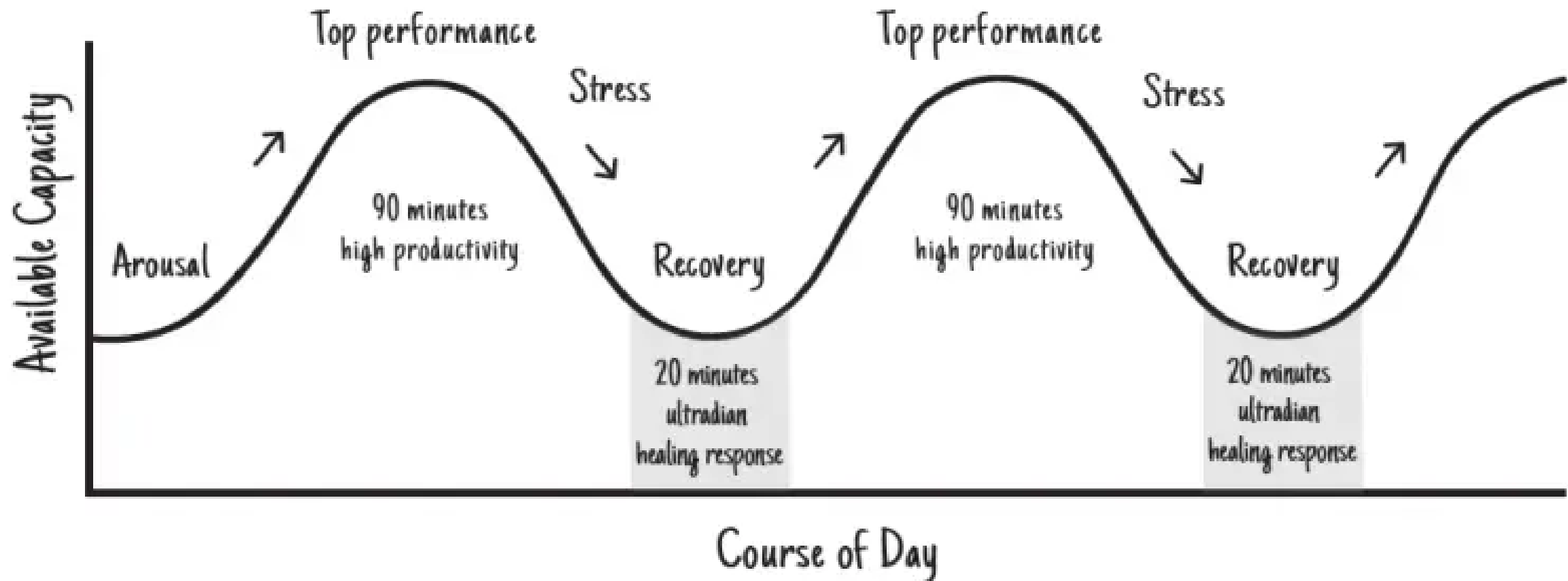
DRINK WATER ASAP

A great way to wake up all systems of your body is to drink water first thing when you wake up.

ULTRADIAN RHYTHM

Biological patterns hardwired into your DNA—a function of your “clock genes,” which dictate how your body functions in time.

Ultradian Performance Rhythm

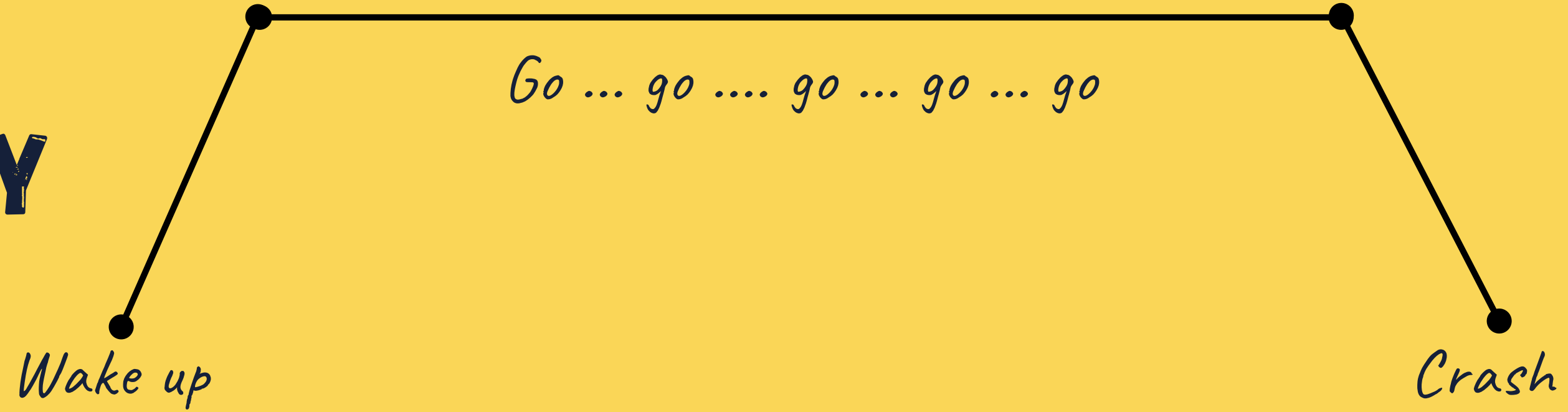


Primary purpose is to manage the cycles of energy production, output, and recovery that occur in all humans.

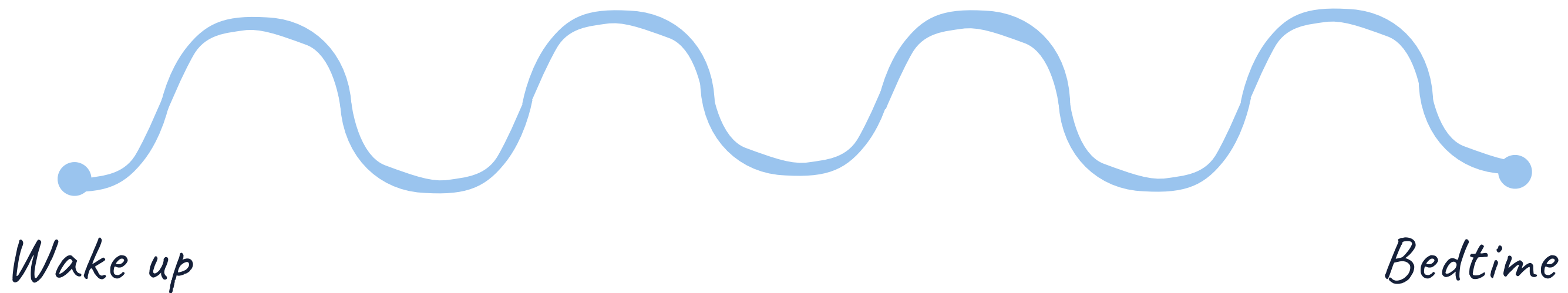
Illustration adapted from *The 20-Minute Break* by Ernest L. Rossi, PhD (Tarcher Putnam, 1991)



HOW WE ACTUALLY WORK



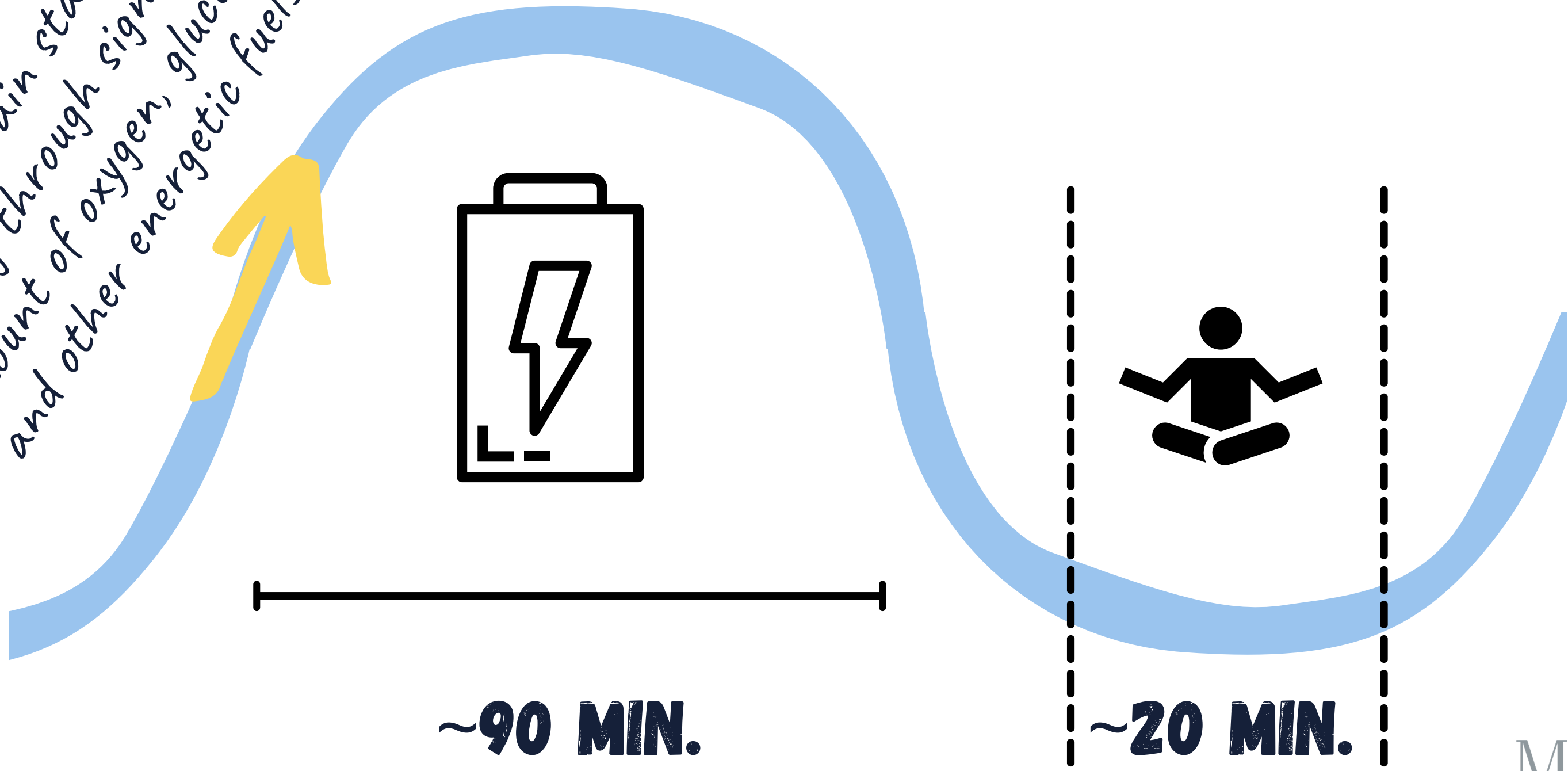
HOW WE SHOULD WORK





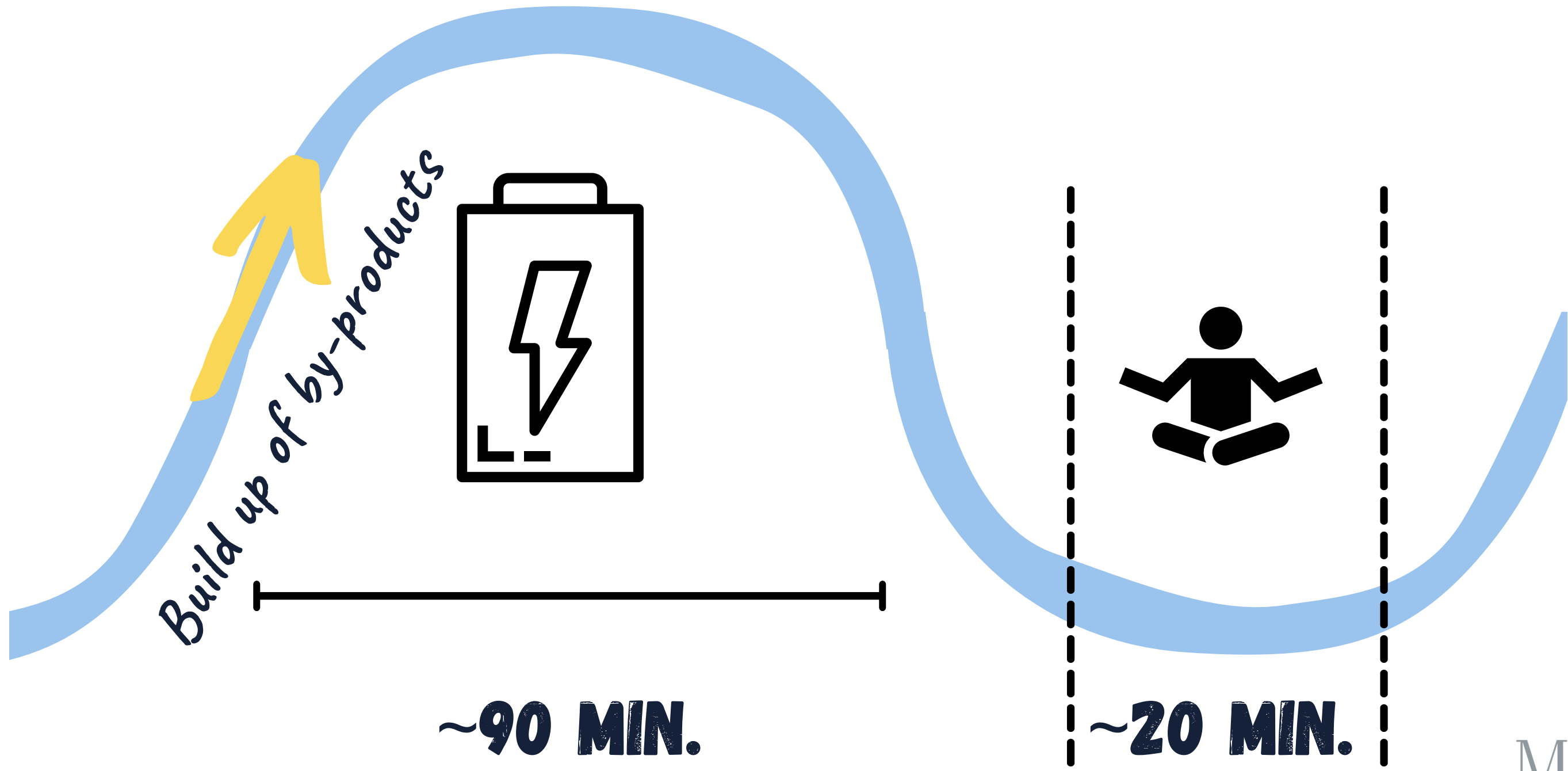
ULTRADIADIAN RHYTHM: HOW IT WORKS

Body and brain start burning through significant amount of oxygen, glucose, and other energetic fuels.





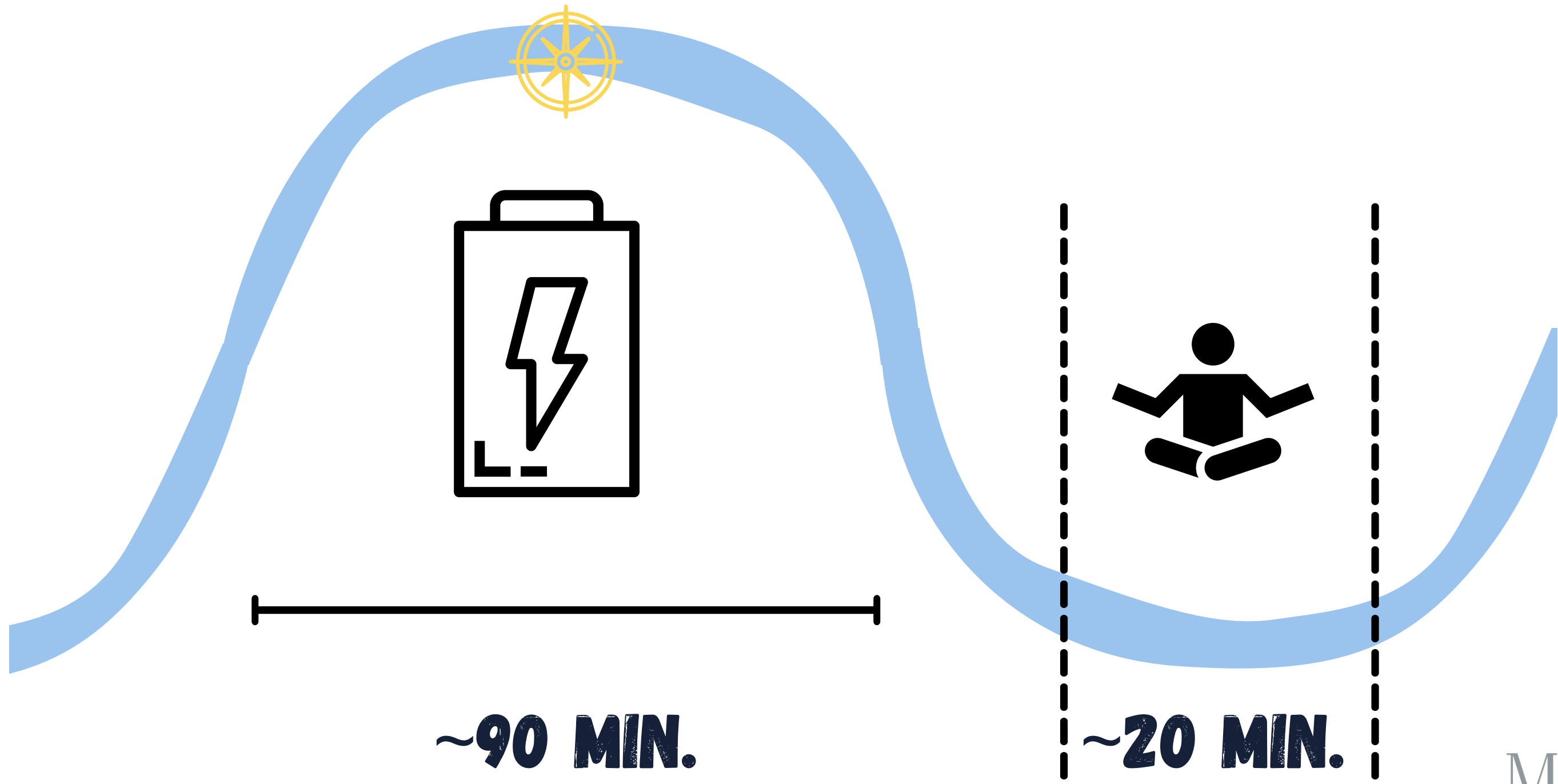
ULTRADIADIAN RHYTHM: HOW IT WORKS





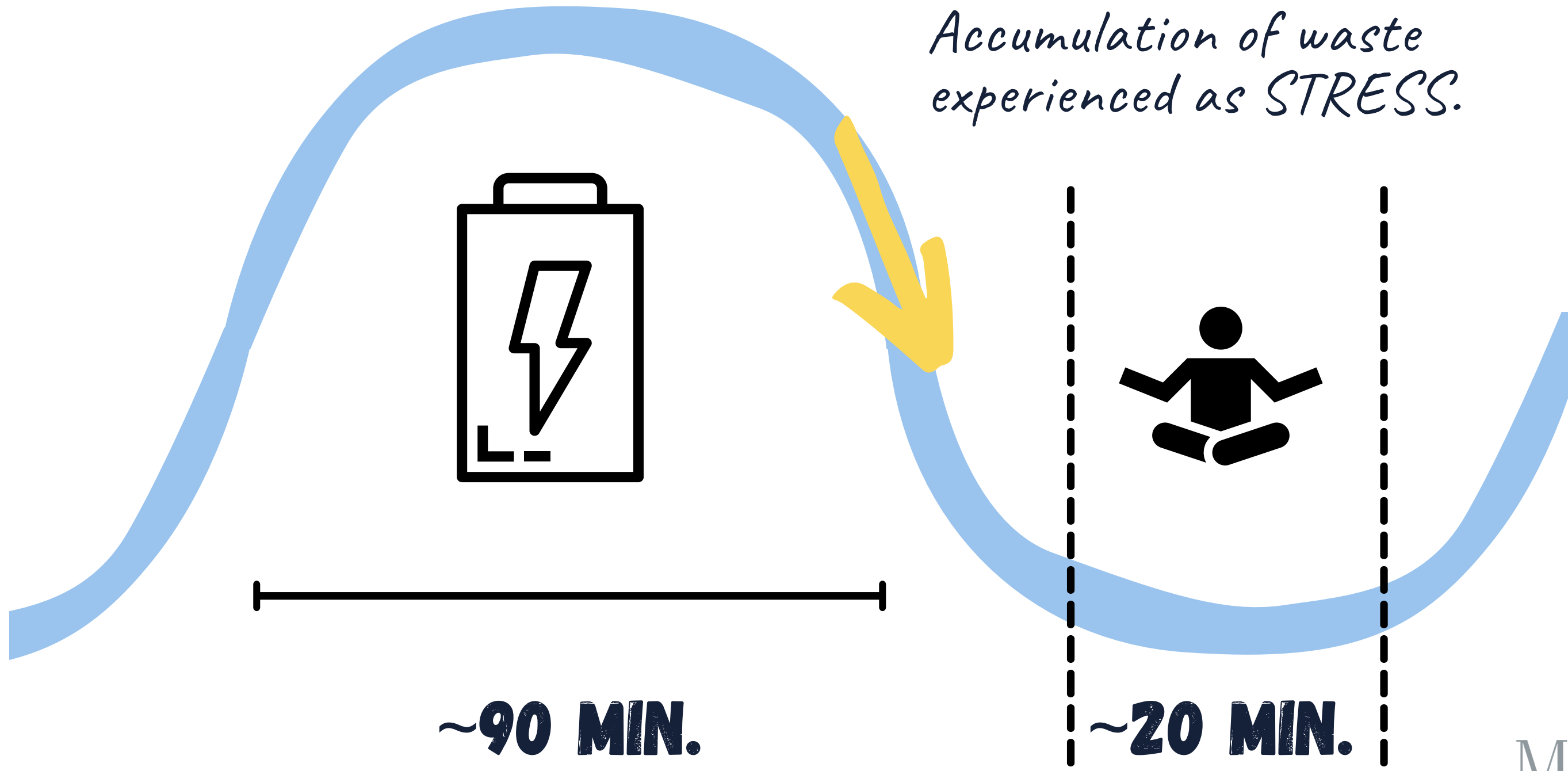
ULTRADIAN RHYTHM: HOW IT WORKS

*Reach apex of your productivity-
a.k.a-“ultradian performance peak.”*



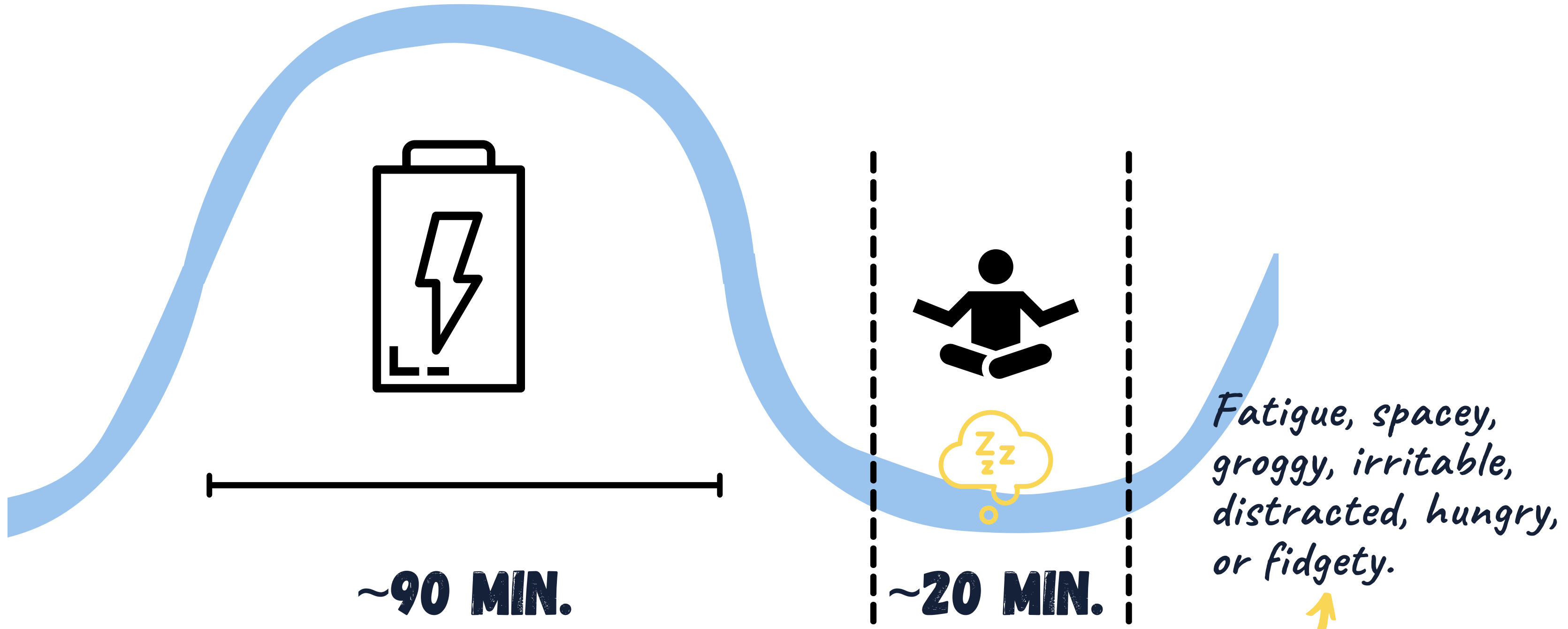


ULTRADIADIAN RHYTHM: HOW IT WORKS





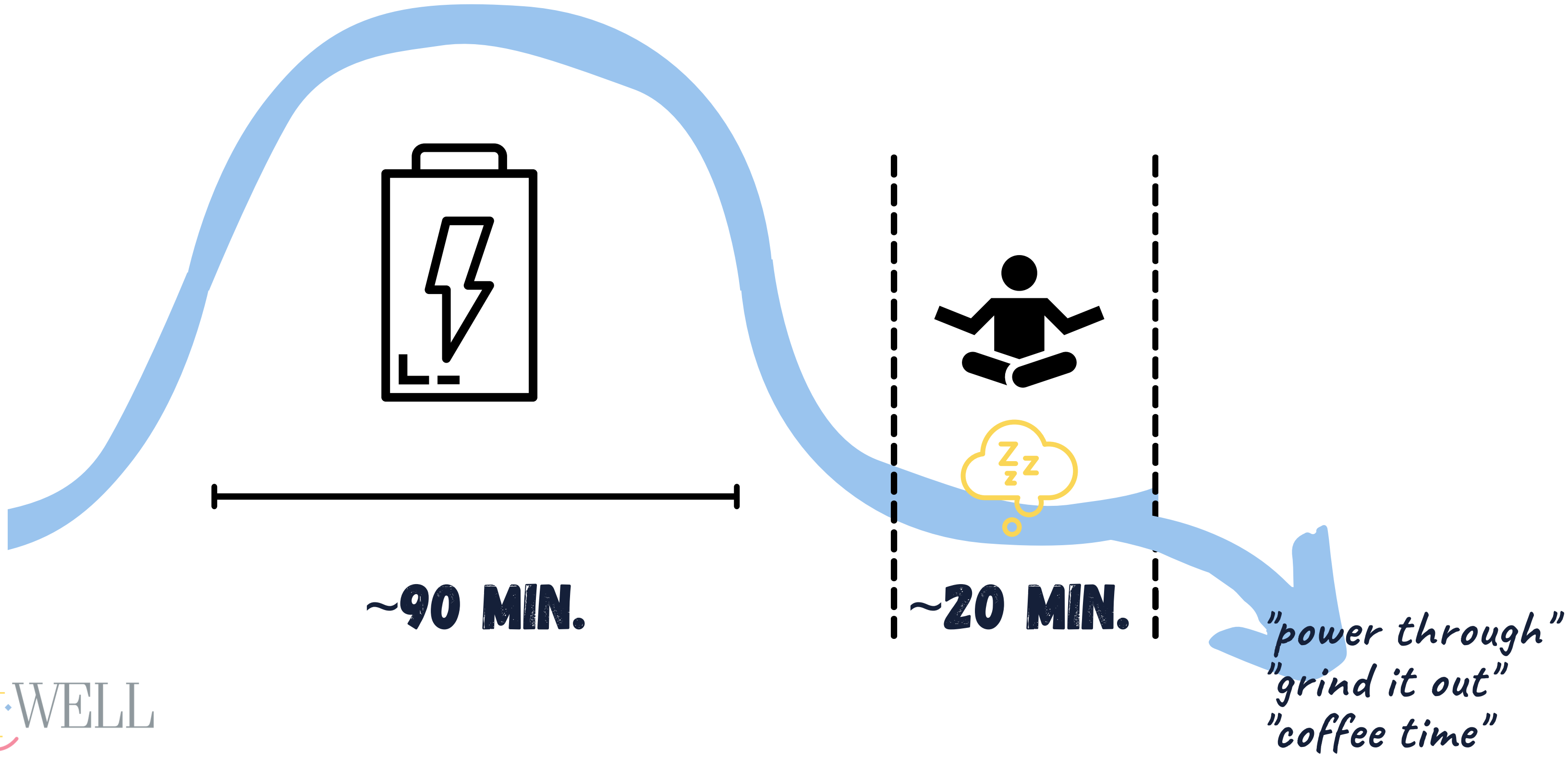
ULTRADIAN RHYTHM: HOW IT WORKS



Reach energetic low point-
a.k.a-“ultradian trough.”



ULTRADIADIAN RHYTHM: HOW IT WORKS





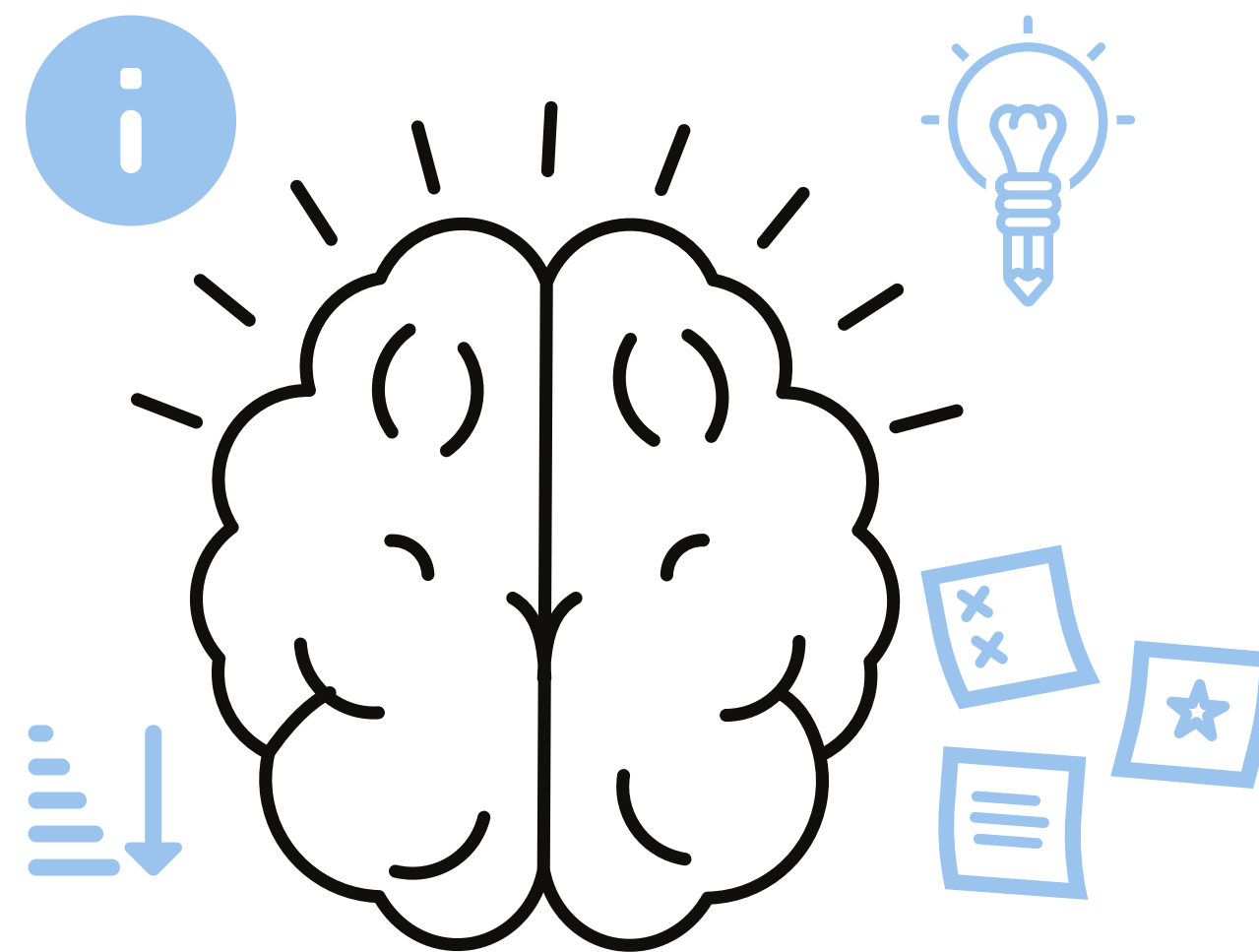
ULTRADIADIAN RHYTHM: HOW IT WORKS



- Regenerate cellular fuel
- Rebalance blood sugar and biochemistry
- Detoxify systems
- Repair damaged tissues
- Absorb new information



ULTRADIADIAN RHYTHM: HOW IT WORKS



- Sift through all the data taken in to tag it, organize it, and create important synaptic connections.
- Merge and exchange information.
- Experience creative insights and brilliant solutions.

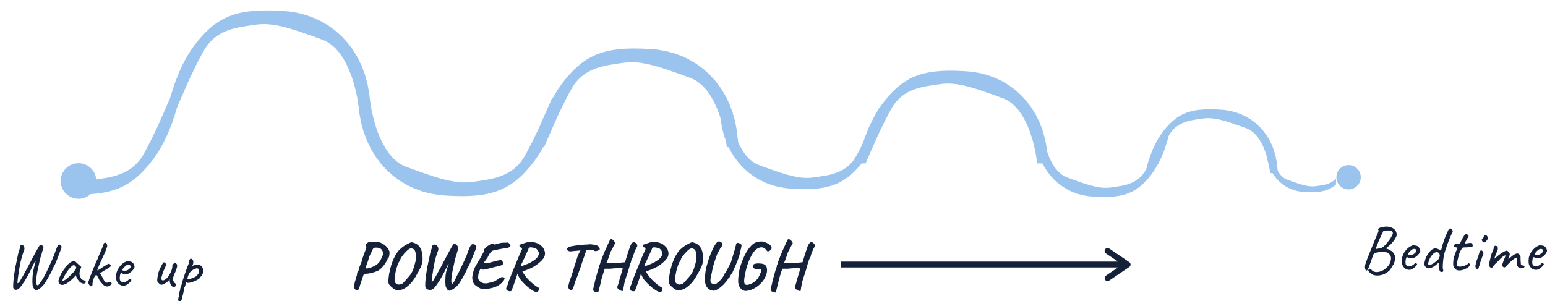


ULTRADIADIAN RHYTHM: HOW IT WORKS

HOW IT SHOULD BE



IF YOU SKIP THE RECOVERY PERIOD





ULTRADIADIAN RHYTHM: HOW IT WORKS

HAZARDS OF MISSING YOUR BREAKS



- ↑ Markers of inflammation
- ↑ Blood pressure
- ↑ Cholesterol
- ↑ Moodiness and emotional reactivity
- ↑ Sugar and carb cravings
- ↑ Error rate

 Imbalanced blood sugar & insulin response

 Peripheral vision narrows

- ↓ Immunity
- ↓ Mental capacity
- ↓ Digestion
- ↓ Metabolism
- ↓ Communications and relational skills
- ↓ Observational capacity
- ↓ Motor skills
- ↓ Creativity
- ↓ Coordination
- ↓ Memory

ULTRADIAN BREAK ACTIVITIES

Try these out to help you RECOVER






OPTIMIZE HIGH ENERGY TIMES

- *Know your most focused, productive times, and schedule around that.*





RECHARGE THROUGHOUT THE DAY





FOOD IS FUEL



*EVERY TIME YOU EAT,
IT IS AN OPPORTUNITY
TO FUEL
YOUR BODY AND MIND*



PREMIUM FUEL

- VEGETABLES & FRUIT
- HEALTHY FATS: Salmon, olive oil, avocados, flax & chia seeds, pumpkin seeds.
- LEAN PROTEIN: Unsalted nuts, beans & legumes, fish, grass-fed meats, eggs.
- WATER: Scrap the sugar sweetened beverages and opt for water.



LOW GRADE FUEL

- ADDED SUGARS: Check the nutrition label. Sugar has 100 names.
- REFINED GRAINS: They have been stripped of most of their nutrients (i.e., white pasta, white breads, and pastries).
- PROCESSED FOODS: Limit packaged foods that list 5+ ingredients. Avoid food that lists partially hydrogenated oil.



 **ACTIVATE
YOUR ENERGY
LEVELS**



*BOOST YOUR ENERGY.
PRIME YOUR MIND AND BODY.*



BENEFITS OF ADDING PHYSICAL ACTIVITY

- Primes your mind & body for all of the activities & tasks ahead.
- Increases blood flow & releases feel good chemicals & neurotransmitters.
- Helps you sleep better.
- Improves stamina to allow you to do more with less effort.

EXERCISE PRESCRIPTION FOR ENERGY

- Just start.
- Make it fun and something you enjoy.
- Add variety.
- Prioritize it.





KEY TAKE AWAYS

ENERGY OPTIMIZATION

Put yourself higher on your priority list.

Own the transitions in your day.

Focus on uni-tasking.

Align your energy expenditure with your values.

Shift your mindset to the positive.

Optimize your ultradian rhythm.

Optimize high energy times.

Recharge throughout the day.

Use food as fuel.

Activate your energy levels.

ENERGY OPTIMIZATION

THANK YOU!



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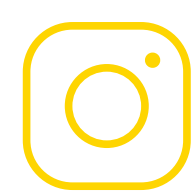
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