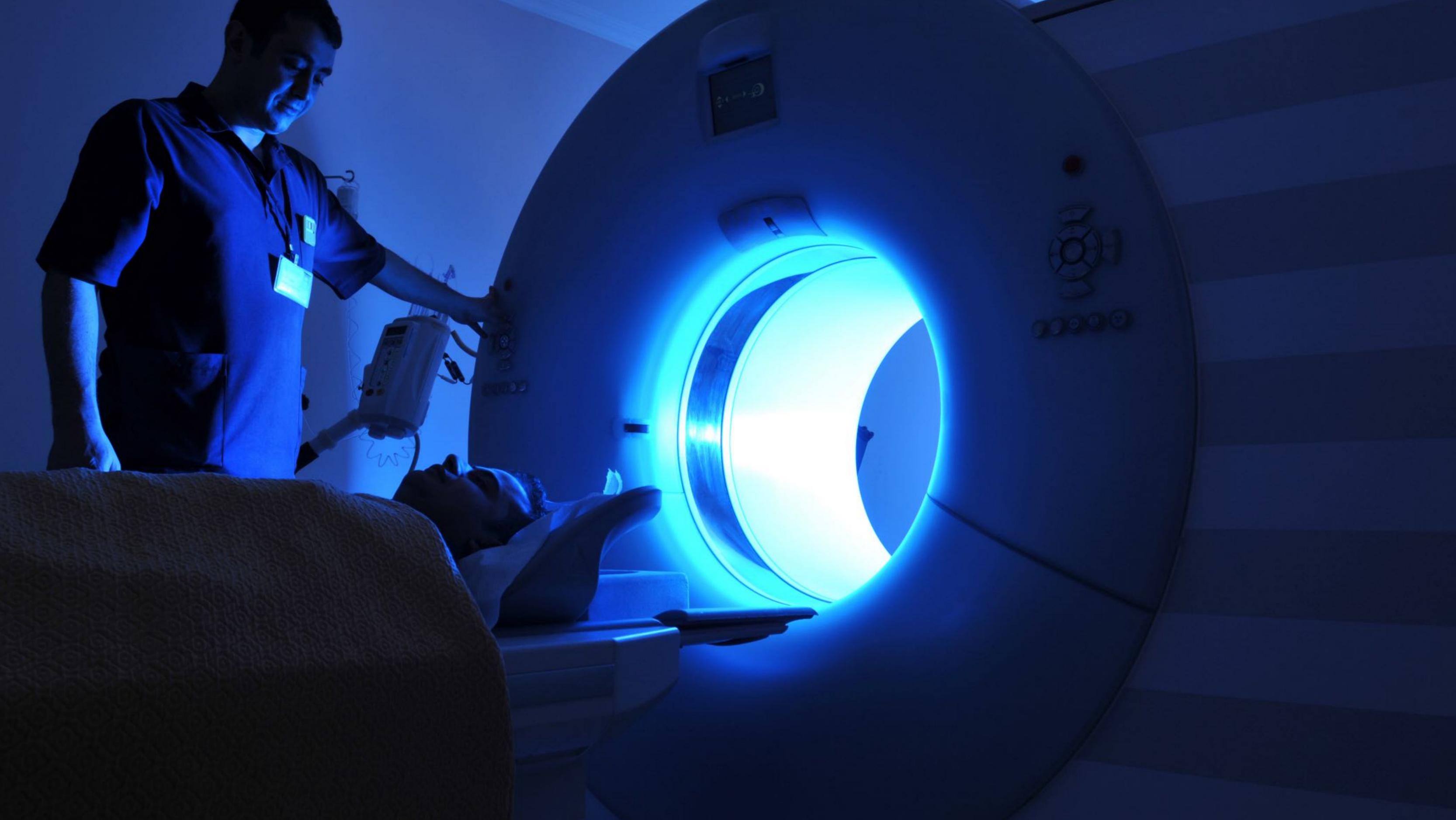


Achieving your Ideal Performance State

César Gamio

Wellbeing Consultant & Executive Life Coach







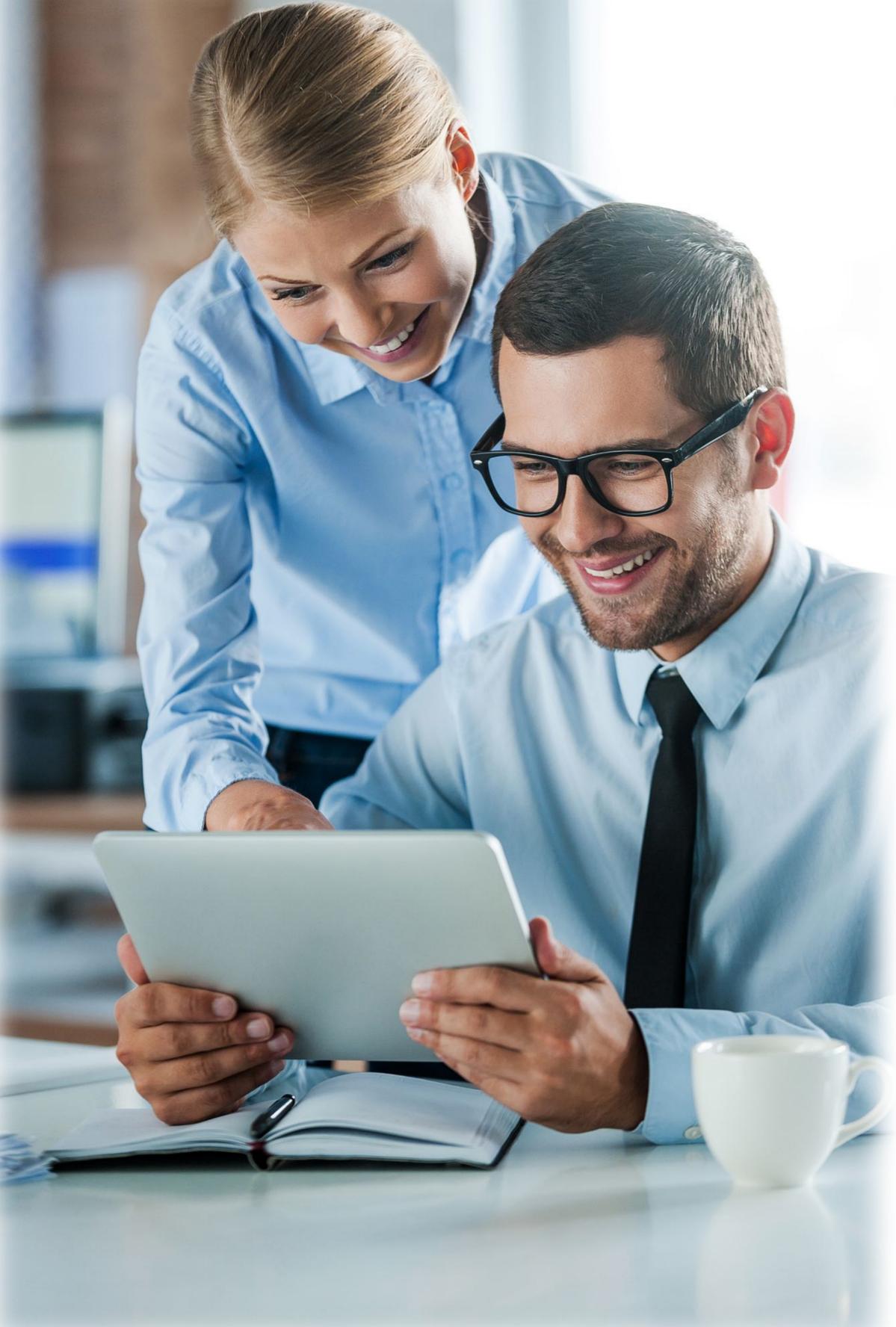
Participate



Choose

1

Commitment



What is The Ideal Performance State ?

The Ideal Performance State



A positive state in which the individual is able to function at or near their optimal level whilst maintaining healthy levels of physical, mental and emotional wellbeing

The **6** Pillars of Wellbeing

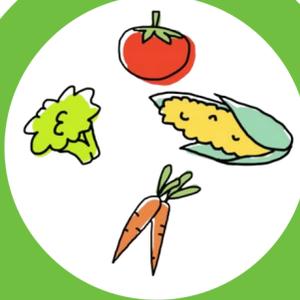
for Greater Resilience



Sleep



Movement



Nutrition



Stress Management



Relationships

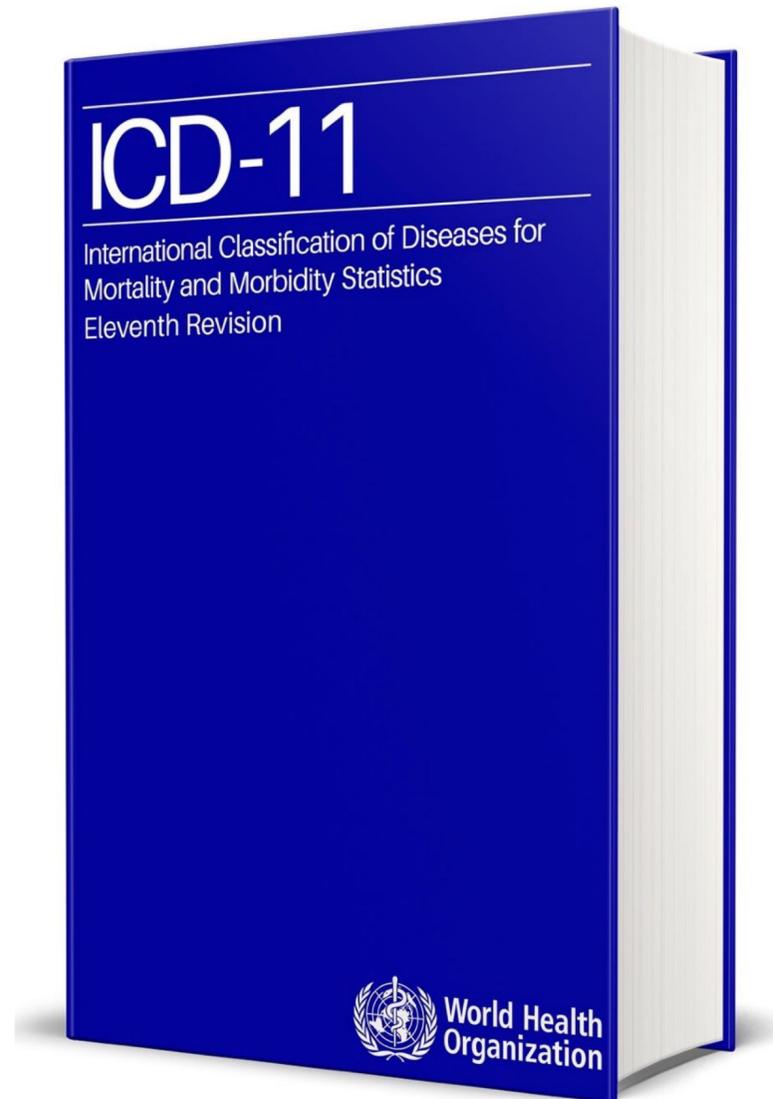


Grounding





World Health Organization



SLEEP _____

**Sleeping
6 hours per night**

**yielded the same
impaired function as
staying up for two days
straight**

Harvard Medical School
University of New South Wales

SLEEP

**Sleeping
5 hours per night
has the same effect on
the brain as being
intoxicated**

Harvard Medical School
University of New South Wales

Andre Iguodala worked with the Stanford Sleep Disorders Clinic and Research Lab to establish a new sleep routine.

minutes ↑ 12%

points per minute ↑ 29%

free-throw percentage ↑ 9%

fouls ↓ 45%

turnovers ↓ 37%

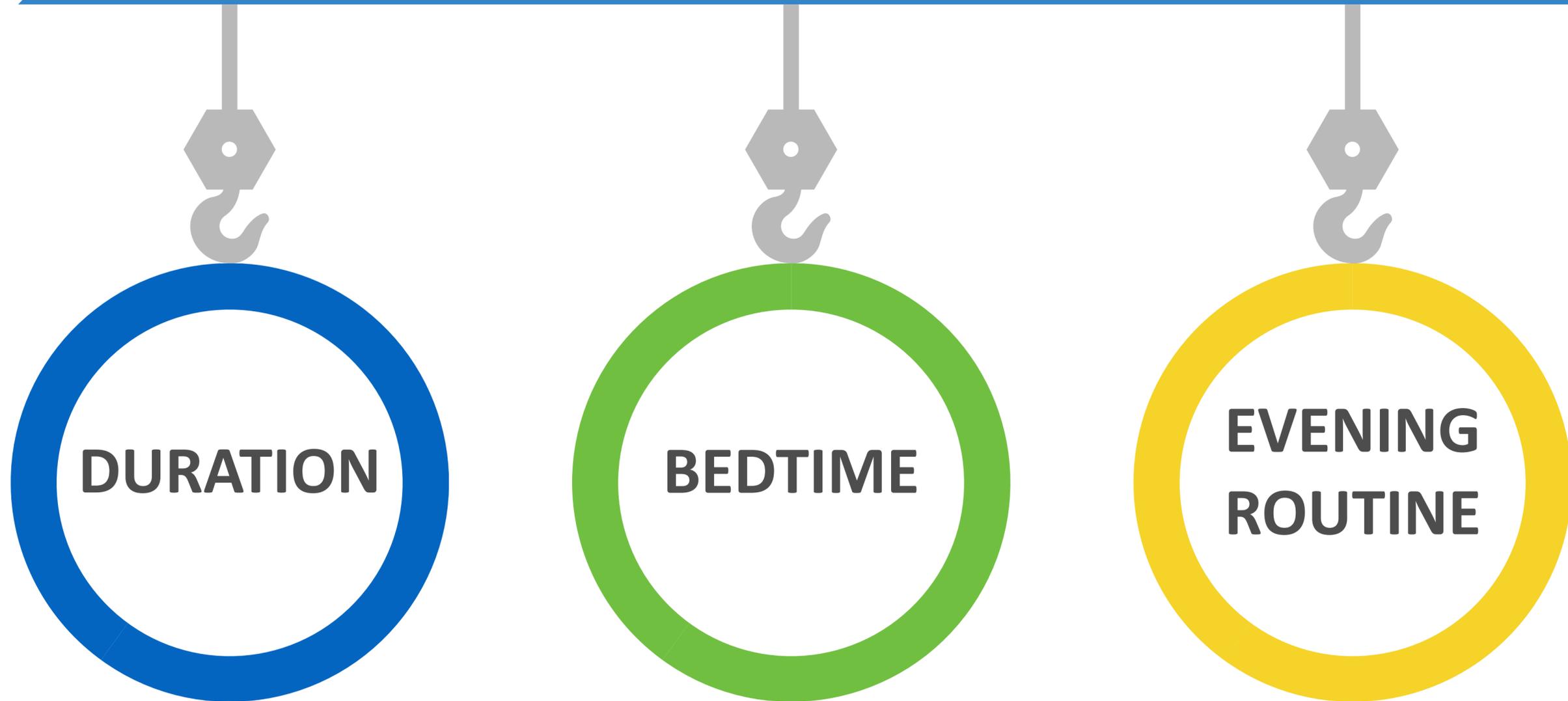


Andre Iguodala

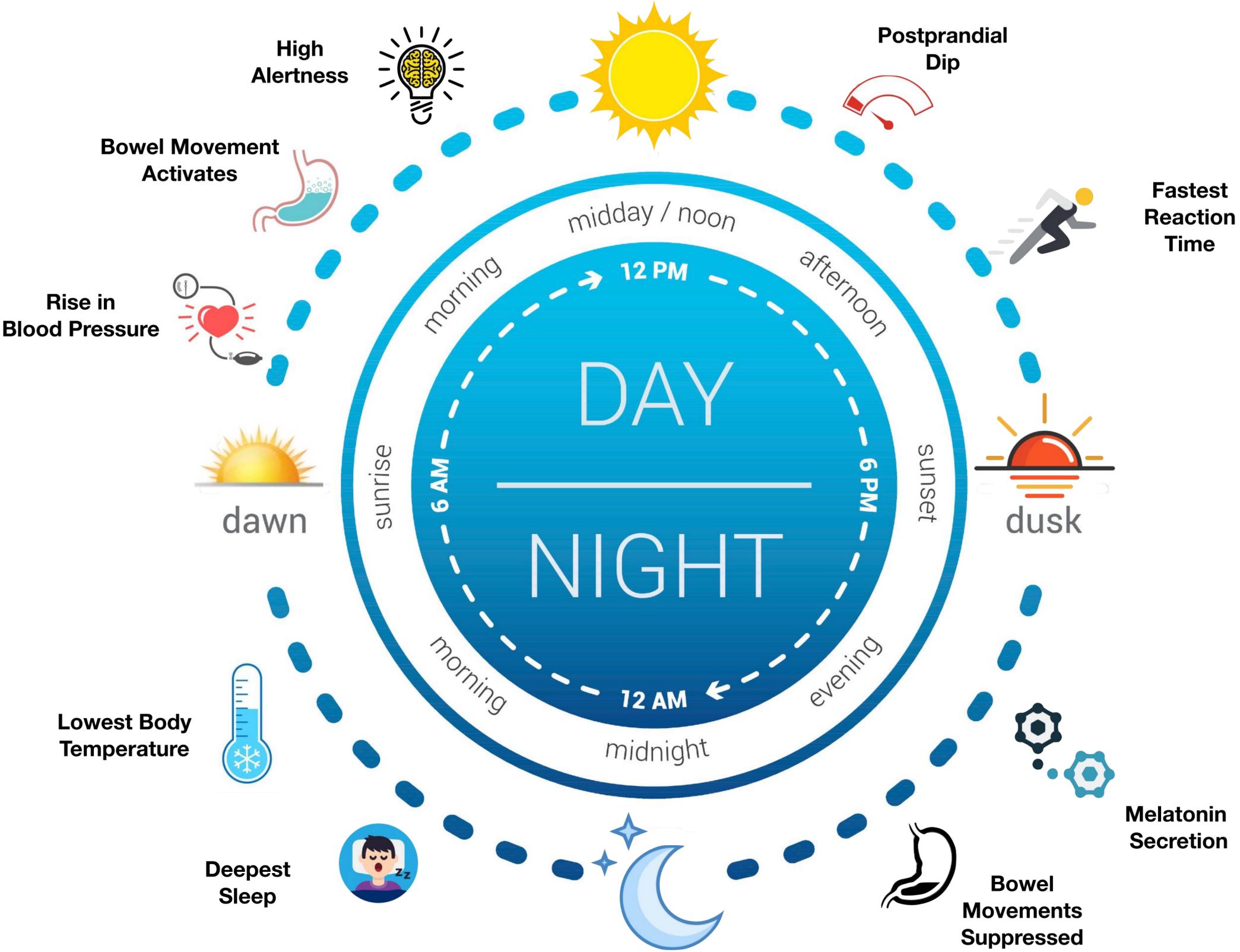
Professional Basketball Player

Golden State Warriors

3 FACTORS FOR RESTFUL SLEEP



Circadian Rhythm



The **6** Pillars of Wellbeing

for Greater Resilience



Sleep



Movement



Nutrition



**Stress
Management**



Relationships



Grounding

MOVEMENT _____

7 years

**of healthy life lost
due to sitting 6+
hours per day for
10-20 years**

NIPH, Copenhagen

MOVEMENT _____

4th

**leading risk factor for
death is physical
inactivity**

WHO

Exercise + Movement

How much activity do I need?

Moderate-intensity aerobic activity
Anything that gets your heart beating faster counts.

at least
150
minutes
a week

AND

Muscle-strengthening activity
Do activities that make your muscles work harder than usual.

at least
2
days
a week

Tight on time this week? Start with just 5 minutes. It all adds up!



 Harvard Health Publishing
HARVARD MEDICAL SCHOOL
Trusted advice for a healthier life

MOVEMENT _____

70%

**improvement in ability
to make complex
decisions over
sedentary peers**

American Council of Exercise



Dr. Daniel Siegel

“Researchers have shown that insight is preceded and aided by disconnecting from deliberate, goal-directed, conscious thinking.”





How to activate the
natural trigger that
maximizes creativity,
athletic performance,
productivity, and
personal well-being

The Break- Out Principle

Herbert Benson, M.D., and
William Proctor

Authors of Beyond the Relaxation Response

The **6** Pillars of Wellbeing

for Greater Resilience



Sleep



Movement



Nutrition



Stress Management

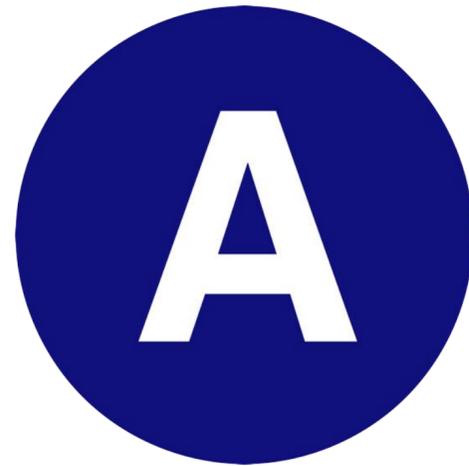


Relationships



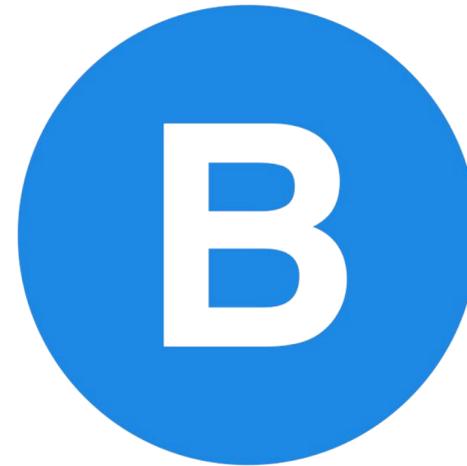
Grounding

What triggers the stress response?



EXTERNAL FACTORS

(Work, Relationships, Finances)



INTERNAL FACTORS

(Our Interpretation of Events)



**Both External
and Internal factors**

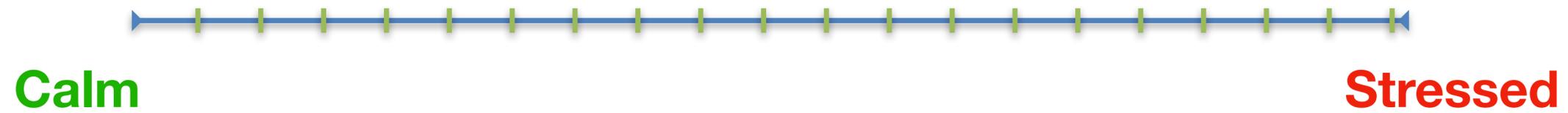


“If you are distressed by anything external, the pain is not due to the thing itself, but to your estimate of it...

and this you have the power to revoke at any moment.”

Marcus Aurelius

Biological Predisposition to Stress



Brain's Set-point

Daily Meditation



The **6** Pillars of Wellbeing

that Influence our Energy Levels



Sleep



Movement



Nutrition



**Stress
Management**

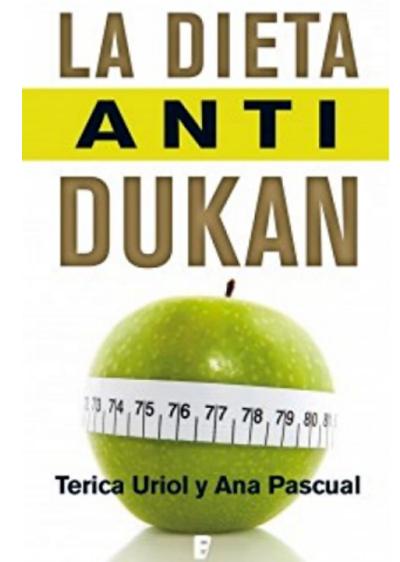
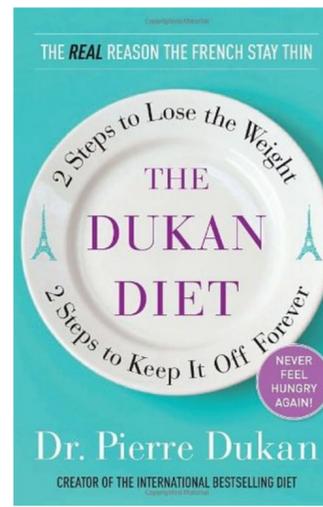
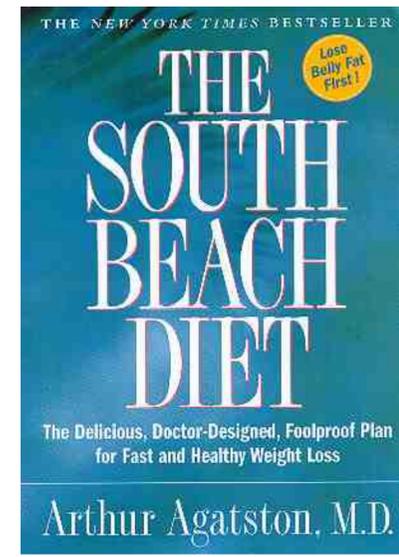
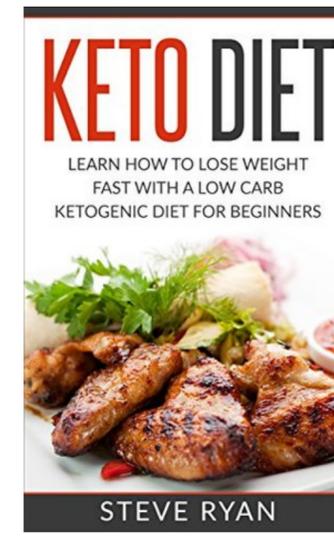
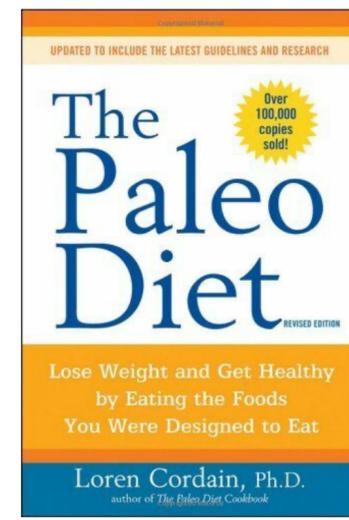
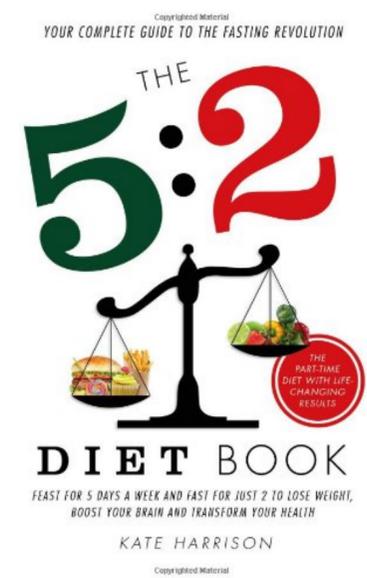
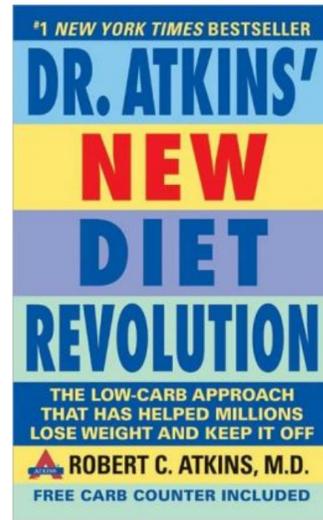


Relationships



Grounding







9

Nutrition Tips to Achieve your Ideal Performance State

COLLEGE OF MEDICINE

AND INTEGRATED HEALTH



Benefits of Grounding/Earthing

COLLEGE OF MEDICINE
AND INTEGRATED HEALTH



What is Grounding ?

Direct physical contact
with the earth's
electromagnetic field to
promote health and
wellbeing



The **6** Pillars of Wellbeing

for Greater Resilience



Sleep



Movement



Nutrition



**Stress
Management**



Relationships



Grounding



What is your

1

Commitment

Achieving your Ideal Performance State

César Gamio

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