



‘The Language Industry 4.0 - Embracing the future’

March 9th and 10th, 2018

tenvcongres.nl / tenvcongres.be

Office Fitness

**How to get more
energy, health and
happiness by adapting
your health habits at
work**

What does that mean?

- Get more energy?

What does that mean?

- Get more energy,
- enjoy your work a lot more,

What does that mean?

- Get more energy,
- enjoy your work a lot more,
- get things done more quickly and

What does that mean?

- Get more energy,
- enjoy your work a lot more,
- get things done more quickly and
- have more life left after work.

Office Fitness

- The body needs to be able to provide enough energy and regenerate in the course of a day, a month, a year.

How?

- The foundation of every great performance at work or in sports is always being healthy and fit.

We are going to talk about:

- How to train,
- how to move,
- how to stretch,
- how to hack your metabolism to get the best fuel possible in exactly the amount you need.

Have you ever had a bad day?

- What did it feel like?

What about the good days?

- Imagine when you felt spectacular...

We are going to talk about

- What to do to avoid the bad days
- And what to do to have more good days

You are what you eat

- Short lesson in Metabolic Typing

You are what you eat

- Short lesson in Metabolic Typing
- Keto vs. Carbivore

You are what you eat

- Short lesson in Metabolic Typing
- Keto vs. Carbivore
- Intermittent Fasting

You are what you eat

- Short lesson in Metabolic Typing
- Keto vs. Carbivore
- Intermittent Fasting
- Butter Coffee

Breathing techniques

- Short inhalation + long exhalation

Breathing techniques

- Short inhalation + long exhalation
- Short exhalation + long inhaling

Breathing techniques

- Short inhalation + long exhalation
- Short exhalation + long inhaling
- When you inhale as much as you exhale...

How to move?

- Stand up!

How to move?

- Stand up!
- Move as much as possible

How to move?

- Stand up!
- Move as much as possible
- Workouts need to be fast, not destroy your clothes and hairstyle

How to move?

- Stand up!
- Move as much as possible
- Workouts need to be fast, not destroy your clothes and hairstyle
- Calisthenics + isometrics
- TRX
- Planks

In the gym

- 90 seconds per exercise
- Push+Pull+Legs+Shoulders+Core
- 5 exercises
- 1x per week

That's all!

Cold Exposure

- Do it like Wim Hof

Cold Exposure

- Do it like Wim Hof
- Train your immune system

Cold Exposure

- Do it like Wim Hof
- Train your immune system
- While meditating
- And doing breathing exercises

Sleep

- Circadian Rhythm
- = why you are suffering jetlag and why you sleep better in your time zone

Sleep

- Circadian Rhythm,
- Fatburning,
- Mental and physical regeneration

Cortisol Management

- Stress is cumulative

Cortisol Management

- Stress is cumulative
- Rooted in bad sleep

Cortisol Management

- Stress is cumulative
- Rooted in bad sleep
- Symptoms: nervous, exaggeration, extreme reactions, constant attack mode, criticize, call everybody unprofessional, sloppy, think they need to do all themselves

Cortisol Management

- If you have any of these symptoms:
nervous, exaggeration, extreme reactions, constant attack mode, criticize, call everybody unprofessional, sloppy, think they need to do all themselves
- You need to get rid of the causes
by reframing
or cutting it out of your life

Meditation

- One sort or another like walking, cold exposure, sports, nature
- Breathing: exhale as long as you inhale

Meditation

- One sort or another like walking, cold exposure, sports, nature
- Breathing: exhale as long as you inhale
- Quiet and control the mind: Apps like Primed Mind or Headspace, note your emotions in a diary

Manage your moods

- Aggravation diary
- Actively put positive thoughts in your mind
- Avoid aggravators
- Anger costs a lot of energy
- Depressive moods block energy production



Would you like to know more?

Get in touch and send me a message

Wolf Steinhauer

ws@verbalathletes.com

49 178 1804211

THANK YOU VERY MUCH!

STAY FIT!