

CHRIS PLOURDE

CONSCIOUS PERFORMANCE COACH

- **Welcome**
- My Story
- Meditation
- We were designed to Intermittently Challenge ourselves
 - Meet Resistance w open arms - Dance w it.
 - Stress Release
- New Habits - New
 - Neuro Pathways in 6-8 weeks
- **Nutrition**
- Blood Sugar
 - The Roller Coaster
 - Sugar Addition
- Hydration
 - 1/2 your weight in oz.
 - Trace Minerals
 - Electrolytes
- Pronounce it
- Price - Pay now or Pay later..
- Use food as fuel
- Deficiency
- **Mental Fitness**
 - Left Brain - Right Brain
 - 6-8 weeks boot camp
 - Discipline = FREEDOM!
- **Sleep**
- Your body wants to heal itself though rest
- Importance of Light
- Hormone Release of Morning and Night
 - Cortisol in the morning
 - Melatonin at night
- Deep REM sleep - 2 cycles 4 hours
- 8 hours is a good average indicator
- Waking up at 6 and ready for NAP at 10:00 - Cortisol is off
- **Exercise**
- Importance of Routine
 - Time effects- Most morning routines are best.
- Improvements to Lymph & Cardiovascular system
 - People getting Stagnant - Not flushing
- Resistance
 - A good measure of Cardiac health is found in Leg and Glute muscles
 - Bone Density
- THE WHY
- Brain Health - 30-45 mins per day.
 - Single workout release dopamine, serotonin and others help focus mood and memory for 2 hours after
- 2-3X per week 45 mins
- Brain cognition increase
- Which exercise is BEST for you?
- 10% Rule - Periodization

"If you want to master a habit, the key is to start with repetition not perfection"~James Clear

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- **Meditation and Breathwork**
- Buddha Story
- You want to loose focus
- 5 Senses
- Box Breathing 4x4
- Benefits -
 - Stabilize the Nervous System
 - Depression and PTSD
 - Lower cortisol levels
 - Switch to right brain
 - Release Toxins
 - Manage Pain
- **Heat Therapy**
- Sauna or Bath
- Does anyone Sauna or Hot Bath??
- Comprehensive Studies out of Finland
- Benefits
 - Cardiovascular efficiency
 - 40% decrease in all cause mortality
 - Caloric and Fat burn
 - Symptoms of Brain Disfunction
 - Detox
 - Anti-inflammatory
 - Improves Circulation
- **Cold Therapy**
- Ice baths, Cryo therapy, Cold showers
- Who was here for the Ice Baths Division Meeting ??
- Benefits
 - Alertness
 - Dopamine releases up to 4 hours after
 - Refines hair and skin
 - Anti - Inflammation
 - Weight loss/Metabolism - Cold shock Protein
 - Speeds up recovery
 - Eases Depression

<https://www.othership.us/resources/breathwork-benefits>

<https://www.foundmyfitness.com/topics>

<https://hubermanlab.com>

<https://healthtide.com/impact-leg-strength-life-expectancy-brain-health/>