Unleash Your Full Potential

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This session will help you start to conquer the obstacles that are keeping you from achieving your goals both physically and mentally. It will start with a quick review of key small changes that were made in last year's session, i.e., 5 small meals, more water, etc. It will dig deeper into nutrition focusing on the psychological aspect of why food choices are made and how to control urges. It will discuss reprogramming thoughts in respect to portion size, timing of eating, and quality of calories. Topics covered will include:

• Where can I find more physical activity in my daily routine?
• Can I be the person who has a bike rack and canoe on the roof of my car?
• Does my appearance put others on notice that I am living life to the fullest?
• I want to show you how to again reprogram your thoughts and doubts in order to find a passion that will keep you active for life.
• The last area of focus will be on how to relax and be calm after being more physical.

The demands of work and an active lifestyle will be too much if you cannot shut it all down and re-charge. Let’s dig deep into meditation and lead the group into a small demonstration of basic meditation techniques. Let’s get started and “Unleash Your Full Potential”.

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UNLEASH YOUR FULL POTENTIAL

MY QUALIFICATIONS

- Retail business owner with 25 employees
- Core business Farm, Home, Garden, Hearth
- 30 plus years Martial Arts experience
- 20 years instructing Tang Soo Do and Jujitsu
- Currently training in Brazilian Ju Jitsu and MMA
- Fitness, Nutrition and Meditation enthusiast

AGENDA

- Review Small changes ... Big Results
- What do I mean by Full Potential
- Portion size and timing of meals
- Finding my physical spirit
- Hurdling mental and physical obstacles
- Rest and down time
- Meditation
SMALL CHANGES ... BIG RESULTS

- Eat 5 small meals per day
- Drink at least 5 cups of water per day
- 30 minutes of cardio 3 times per week
- Don’t eat after 8 p.m.
- Meditate 2 times per week
- Sleep!

FULL POTENTIAL

Unleash Your Full Potential

If you think you can or you can’t, you’re right.

FULL POTENTIAL
FULL POTENTIAL

• Who sets the limit for us?
• Why is it easier to say I can’t?
• Negative forces in our life
• Can I reprogram my thoughts?
• Is full potential achievable?

I WANT TO TALK CALORIES

• An average woman needs to eat about 2000 calories per day to maintain, and 1500 calories to lose one pound of weight per week. An average man needs 2500 calories to maintain, and 2000 to lose one pound of weight per week.
• However, this depends on numerous factors. These include age, height, current weight, activity levels, metabolic health and several others.

TIMING IS EVERYTHING

• Eat breakfast if you’re watching your weight. A hearty starter, ideally eaten within 15 to 30 minutes of waking and no later than 8 a.m., will help you stave off a gain. “If you don’t eat breakfast your body thinks it’s in starvation mode, and you’ll eat more food later on,” Edlund says.
• A Harvard Medical School study confirms that people who ate a morning meal were one third less likely to be obese than those who didn’t. Go for whole grains (oatmeal, whole-grain cereal, or whole grain toast) with a serving of protein (an egg, a tablespoon of nut butter, or a slice of low-fat cheese) and some fruit to keep you alert and feeling full for longer. Aim for a meal of around 200 to 300 calories.
4 TYPES OF EATING

• Maintenance eating – planning out meals and taking in enough calories to maintain body level
• Reactive eating – eating in response to an urge
• Habitual eating – connecting eating with an event or routine
• Emotional eating – comforting emotions with food

FREUD SAYS CONTROL YOUR ID

• As well as feeling urges, we have a counter-balancing system of self-control which provides a system to keep unwanted urges on a closer leash, saying no to the id’s obeying rules and helping us achieve our higher goals. This is sometimes called ‘impulse control’ and some people have particular problems in managing it.

  • **id**
    • The id contains our primitive drives and operates largely according to the pleasure principle, with two main goals are the seeking of pleasure and the avoidance of pain.
    • It has a naive perception of reality and seeks to satisfy its needs through what Freud called the primary processes that dominate the existence of infants, including hunger and self-protection.
    • The energy for the id’s actions come from *libido*, which is the energy storehouse.

I AM SMARTER THAN MY URGES

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<thead>
<tr>
<th>POWER OF SELF CONTROL</th>
<th>POWER OF URGE</th>
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TOOLS FOR EATING BETTER

• Eat like a machine – (maintenance eating)
• Understand when your urges are telling you to eat – limit those
• Shop healthier when you are not hungry – buy good food
• Eat slowly so you will take in less calories – 20 min signal for being full
• Eat breakfast as early as possible
• Forgive yourself for mistakes but get back to the program

BE MORE PHYSICAL

• What is it that I enjoy that will keep me active?
• Let’s find time for that – make room in my schedule
• Everyone knows when I am not available – “Tuesdays and Thursdays I roll”
• Respect that time – taking care of me is not ignoring anyone else
• It’s not about sacrifice, it’s about achieving our higher good
• What are the obstacles and who doesn’t support me?

FINDING MY PHYSICAL
DON'T BE AFRAID TO……..

Unleash Your Full Potential

TOP 4 REASONS NOT TO EXERCISE

1) I have no time
Change your perception. The recommended exercise duration (150 minutes) represents only about 1 per cent of your time in a week. Remember what is really important in your life. Time-management skills can be enhanced and you can make time for exercise.

If you can't find a block of 30 minutes in your day, break up your exercise time into two blocks of 15 minutes. Include physical activities that you can perform as part of your daily routine. For example, you could walk for 15 minutes after lunch.

3) I'm too tired
Schedule exercise at a time of the day that you feel most fresh, typically at the beginning of the day. Exercise that is performed in the morning will boost your energy levels. After exercise, you will actually feel much refreshed.

4) I have family obligations
Ask family members to help out with family obligations (e.g., babysitting, household chores) so you can make time for exercise. Another suggestion is to exercise family members, before you start your main working activities as well. You can also exercise at home or during lunch breaks, so that you do not need to take time away from home.

5) I'm too lazy / I don't have the willpower
Reminding ourselves that our family, colleagues and friends depend on us to be healthy can help us sustain motivation to exercise. Whenever you notice you're having negative feelings about exercising, say "STOP!" in your mind then use positive statements, such as "Let's do it" or "Stay focused". Even a mantra in the form of a single word like "Focus" or "Go" can be helpful.

NEGATIVE NELLY

- We produce up to 50,000 thoughts a day and 70% to 80% of those are negative. This translates into 40,000 negative thoughts a day that need managing and filtering — no small task for any person.
- We will have 200,000 negative thoughts during the EXPO.
- How many negative thoughts does that super annoying positive person have?
- Can I be 5% more positive (2500 positive thoughts), 10% ?
LET'S REPROGRAM OUR MIND

- The problem with how we see choice
- Do we think for other people? (my husband wouldn't support that)
- What is the voice in my head telling me – you can’t do that
- Learn to swim before you dive – (check your ego, it’s ok to be a beginner)
- Know that age is a factor and expect results to be slow

DUDE WHAT’S IN MY CAR?

- Gym bag always ready with clothes, cliff bar and lock
- Tennis racquet, golf clubs or ball gear
- Walking shoes and socks for lunchtime walk
- Yoga mat and towel
- Once you go home it’s hard to leave and exercise – dinner, family etc

WISE WORDS

“Chop your own wood and it will warm you twice”
— Henry Ford
ARE YOU HURT OR ARE YOU INJURED?

- When you use muscles in a manner they are not used to, you will be sore.
- Delayed onset muscle soreness is tiny tears in connective tissue.
- The good news is next time you perform the same exercise you will experience less or even no soreness.
- There is also lactic acid build up in muscles with intense or lifting exercises.
- This also will decline after more exercise.
- 3 indicators that you are injured: 1) pain accompanied by swelling, 2) not being able to put weight on the joint, 3) not being able to move joint.
- If any of these factors last more than 2 days, see your doctor.

STAYING THE COURSE

- If you have a sports injury, chances are you will need to take some time off to rest, recover and regroup. But if you don’t want to stop all exercise, there are ways to maintain base fitness while recovering from many sports injuries.
- Athletes who are injuries often worry about losing fitness during time away from training. Detraining or deconditioning is a fact of life when you stop exercising, but if you simply want to maintain a base of fitness, there are a few ways to modify your routine.

STAYING FIT DURING INJURY

- Stay focused on nutrition – burning less calories.
- Hydrate – help to flush toxins and medicine through your system.
- Stay active if possible walk, bike, jog, stretch, push ups, etc.
- Keep positive and fight the negative thoughts.
- Keep involved in the classes you were taking even if just to watch.
- Continue to set goals – when to return, how long for rebuilding, 100%
- Take pride in what you have already accomplished – own the injury!
- Physical therapy
CALM DOWN

• We eat like a machine, work like a machine and are physically active
• Now we power down
• Know how much sleep you need – 8hrs., 5hrs.
• Give yourself time to be calm before sleeping – 30 to 45 minutes
• Clear your mind by making list for tomorrow
• Don’t eat after 8 p.m.
• No cell phone at bedtime
• Create a sleep oasis

LISTEN TO YOUR BODY

• How Often Should I Rest?
  If you are starting out with a new exercise program or are a beginner exerciser, rest every third day (that is, exercise two consecutive days and rest the third). More experienced exercisers should remain inactive or take an active recovery day once a week. In addition, every eight weeks include a week where you de-train, or decrease your training load.
• What Constitutes “Rest”?
  How inactive you are on your rest day depends on the intensity of your workouts leading up to it. For example, if you are killing it in the gym day in and day out, your rest day should be a day completely off from taxing your body. You might go for a casual walk at most, but no great effort to do more physical work than necessary should be made (read: no gym!). However, if your workouts have been light to moderate intensity all week or you’re a beginner exerciser, you can take a more active recovery day. That might include playing a sport outside, taking a yoga class, or going for a longer walk.

N.I.H. STUDY SHOWS

• Sleep plays an important role in your physical health. For example, sleep is involved in healing and repair of your heart and blood vessels. Ongoing sleep deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke.
• Sleep deficiency also increases the risk of obesity. For example, one study of teenagers showed that with each hour of sleep lost, the odds of becoming obese went up. Sleep deficiency increases the risk of obesity in other age groups as well.
• Sleep helps maintain a healthy balance of the hormones that make you feel hungry (ghrelin) or full (leptin). When you don’t get enough sleep, your level of ghrelin goes up and your level of leptin goes down. This makes you feel hungrier than when you’re well-rested.
• Sleep also affects how your body reacts to insulin, the hormone that controls your blood glucose (sugar) level. Sleep deficiency results in a higher than normal blood sugar level, which may increase your risk for diabetes.
MEDIATION

EVERYONE MEDITATES DIFFERENTLY
• Find a method that works for you
• Give it enough time, try it for a month
• Don’t announce it to the world (keep it personal)

LET’S TRY A MEDITATION EXERCISE
• Get comfortable – put phone on airplane mode!
• Close your eyes
• Focus on taking a 10 second inhale through nose
• Pause
• Focus on taking a 10 second exhale
• Fill air in body from bottom up
• Exhale from body top down
• Notice the noise in our mind

Unleash Your Full Potential
FINALLY

Don't find fault, find a remedy.
- Harry S. Truman

THANK YOU