

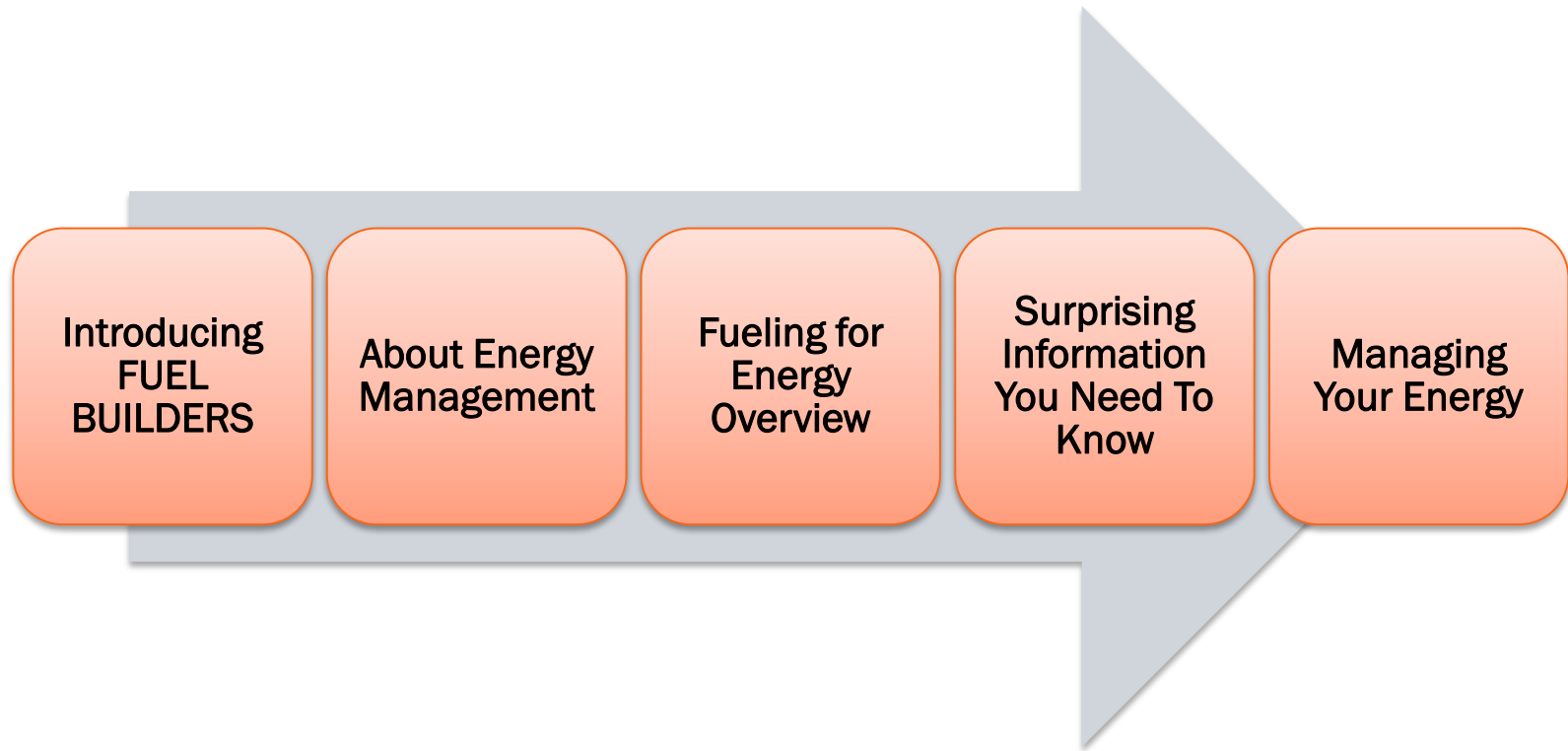


IFMA ATLANTA CHAPTER

Julie Crow & Steve Naturman

January 15, 2014

SESSION AGENDA



FUEL BUILDERS: WHO WE ARE

- Julie Crow & Steve Naturman, *Co-Founders*
 - Energy Management Coaching to **FUEL energy**
 - *in the workplace*
 - *at offsite meetings & conferences*
 - Specialize in **developing programs that fuel energy** to drive productivity and strengthen leadership effectiveness
 - Develop **solutions** for occasions and behaviors that drain energy
- 

ENERGY MANAGEMENT: **WHAT & WHY?**

*Energy Management is the practice of managing and maximizing personal energy to **fuel engagement, improve effectiveness, maintain good health & boost overall productivity** at work and in life.*

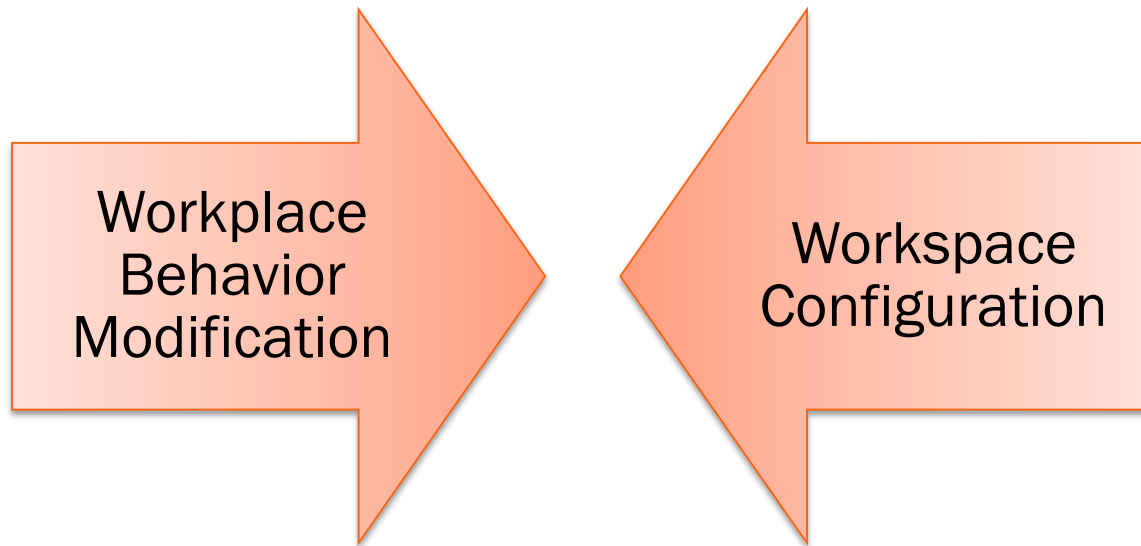
WHY IS THIS IMPORTANT?

Energy is the fuel you need to think, create, lead, produce and perform at your very best.



ENERGY MANAGEMENT: IMPLEMENTATION

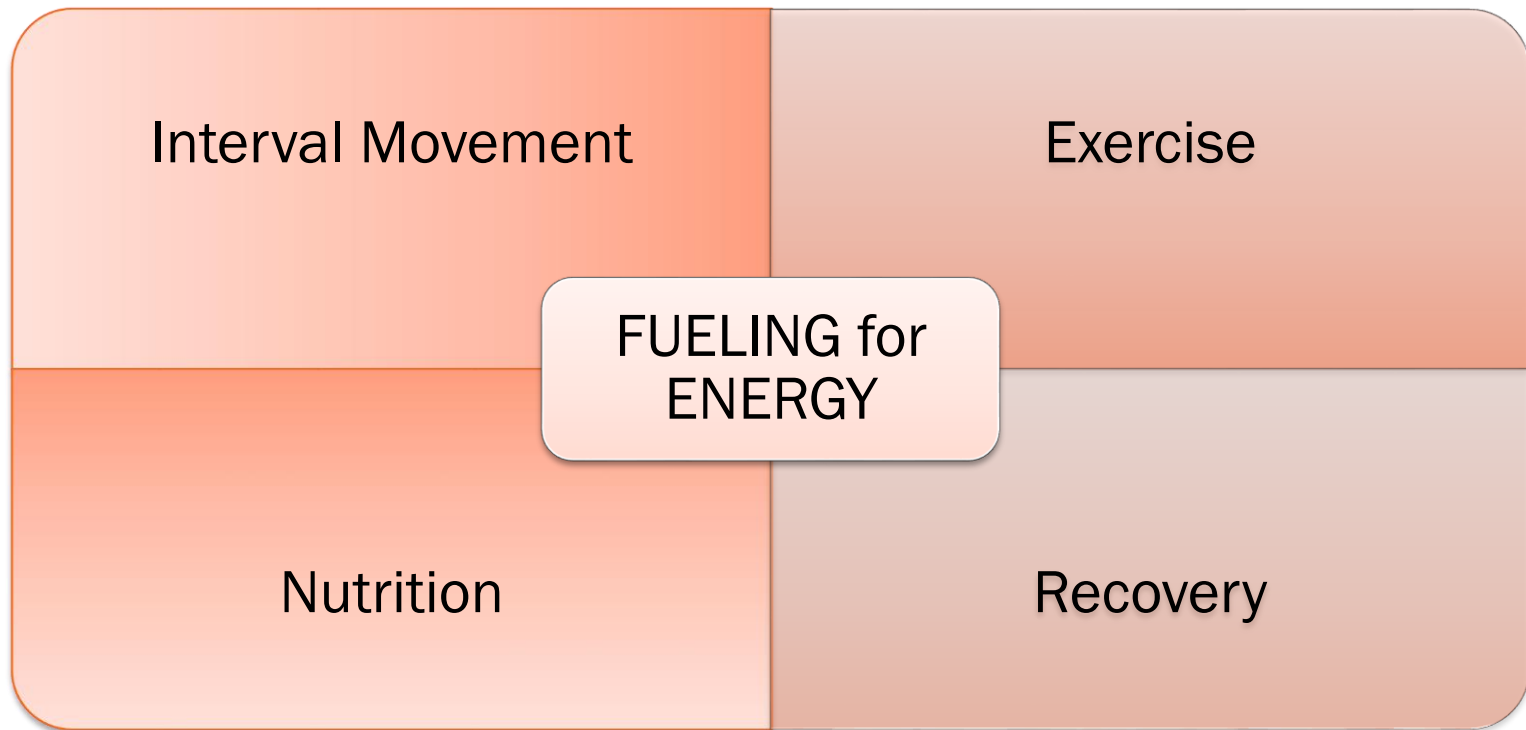
How are companies using Energy Management to improve productivity?



ENERGY MANAGEMENT: APPLICATION FOR YOU



FUEL BUILDERS ENERGY MANAGEMENT MATRIX



Optimal Energy Management includes programming in all four quadrants

What is one of the top energy-draining behaviors in the workplace?



SITTING



SITTING: A TYPICAL DAY

- The breakfast table to the dinner table
- When you think about it...almost EVERYONE sits too much...
 - ✓ Professionals
 - ✓ Frequent travelers
 - ✓ Pilots
 - ✓ Students
 - ✓ Etc...

THE “NEWS” ABOUT SITTING

Why Sitting All Day is Killing You- [CBS News](#)

Sitting Too Long At Work Could Pose Health Danger- [ABC News](#)

Is Sitting The New Smoking – [Mayo Clinic](#)

Sitting All Day Is Worse For You Than You Might Think- [NPR](#)

Sitting For Hours Can Shave Years Off Your Life- [CNN](#)



SITTING IS KILLING YOU

Sitting for more than 6 hours per day makes you **40% more likely** to die 15 years earlier than someone who sits fewer than 3 hours*.

What do you think happens to your body when you sit for extended periods of time?

**Source: Archives of Internal Medicine, Reported by Forbes and CBS News*



SIT ON THIS!

When you sit for long periods of time:

✓ **Your metabolism and circulation slows significantly**

- Calorie burning drastically decreases
- Enzymes (lipoproteins) that break down fat drop by 90%
- HDL (good) cholesterol production drops by 20%
- Less blood flow means fewer feel-good hormones are circulating to the brain, raising the incidence of depression

✓ **Circulation in the leg muscles significantly slows down**, reducing blood flow to the heart, raising the risk of blood clots (DVT)

✓ **Blood pressure increases** which puts you at risk for heart disease



STILL SITTING?

Your body uses less blood sugar which increases your chance of contracting diabetes

Sitting too much is bad for your posture and spine health

Breathing is hampered because it's harder to fill your lungs with oxygen when crunched in a seated position- resulting in less oxygen available to your brain.

Muscles and joints tighten so much that your body moves less freely and is more prone to pain and injury

JUST A FEW MORE...


Sitting too much also decreases bone mineral density without increasing bone formation which raises the risk of osteoporosis (long-term)

Sitting also compresses the abdominal contents, slowing digestion.

Low blood sugar, slow circulation, lower oxygen levels, slow digestion and fewer feel-good hormones all lead to low energy, lack of creative thinking and compromised focus and participation.

EXERCISE ALONE ISN'T THE ANTIDOTE

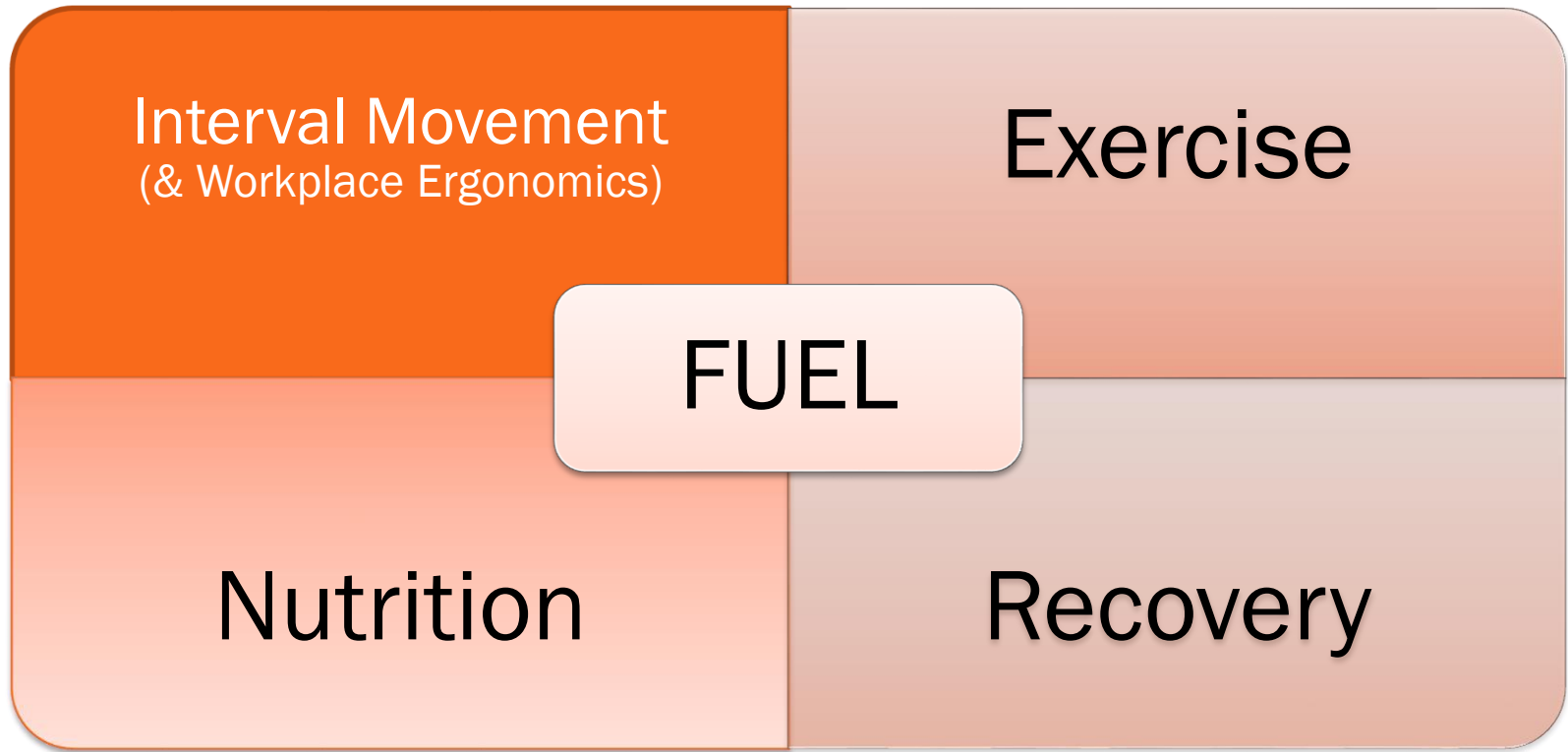
Recent reports from CNN, WebMD and other health related sources say that even if you exercise multiple times/week, sitting is still detrimental and **the harm can't be undone by exercise alone.**



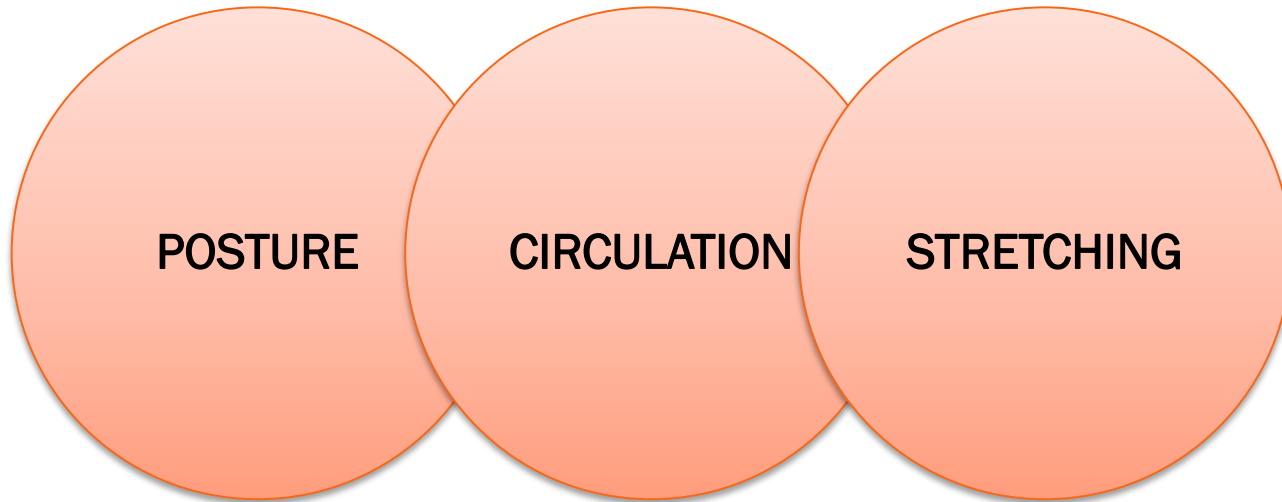
Everybody stand up



FUELING THROUGH INTERVAL MOVEMENT



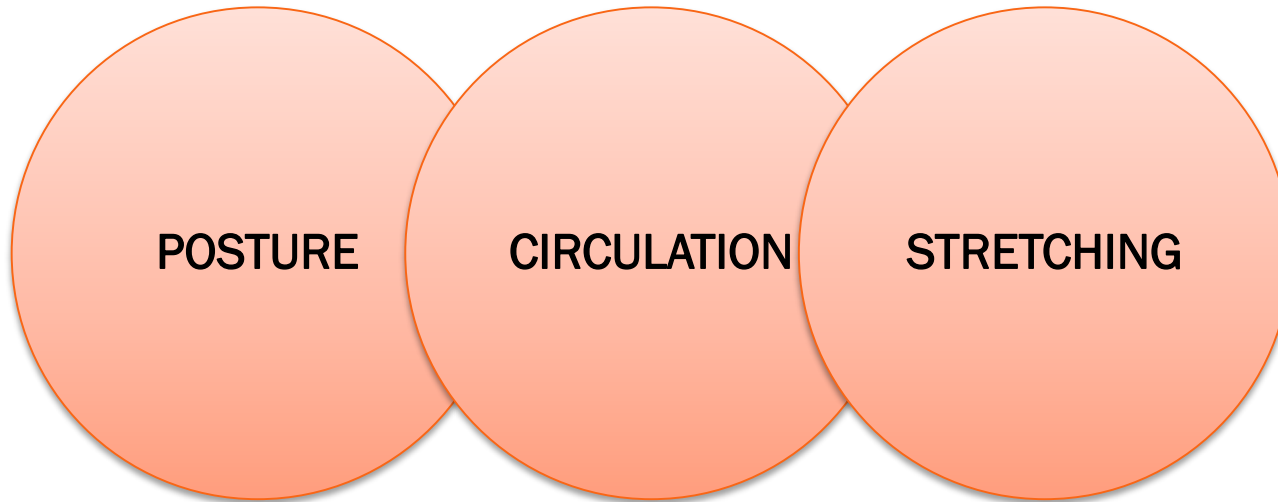
INTERVAL MOVEMENT- *COMPONENTS*



ACTIVE SITTING

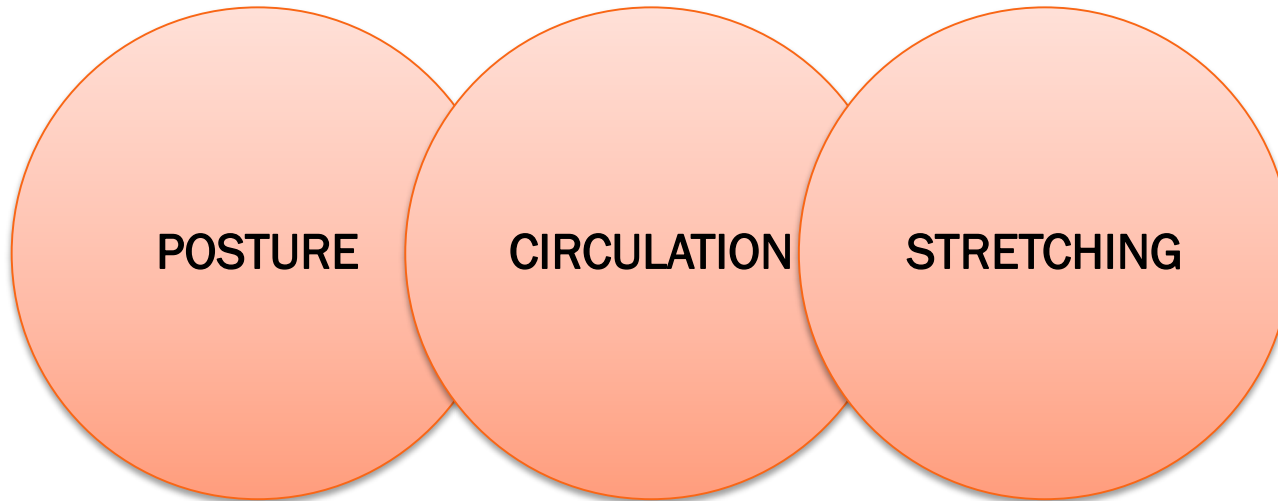
PASSIVE STANDING

INTERVAL MOVEMENT- *PASSIVE STANDING*



- Retract shoulder blades with “mime”
- Calf raises with finger extensions
- Biceps / triceps movement
- Mid-back stretch

INTERVAL MOVEMENT- *ACTIVE SITTING*

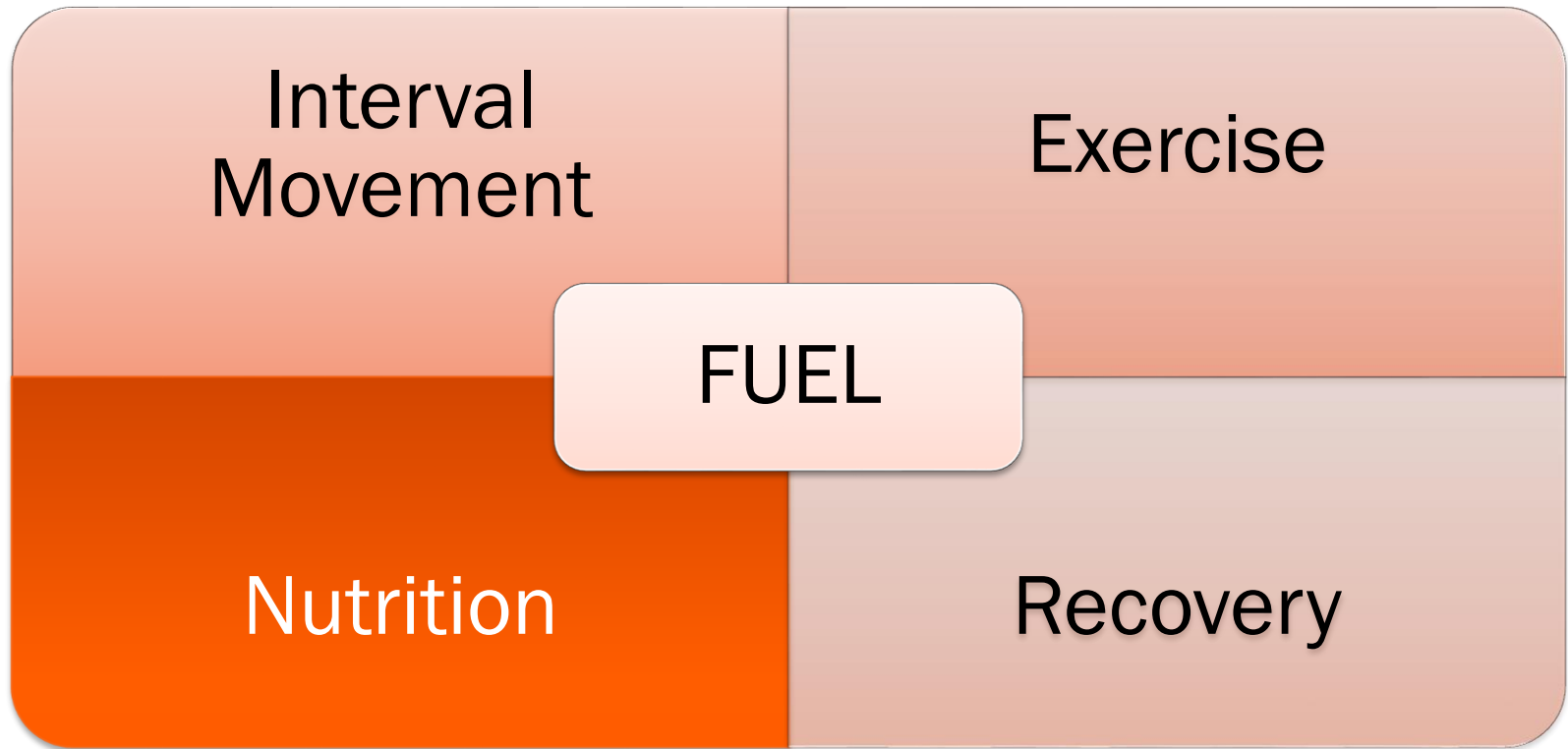


- Retract shoulders
- Biceps / Triceps
- Calf raises
- Write your name with your foot
- Leg lifts / extensions
- Hamstring-calf stretch
- Mid-back stretch
- Torso twist

WORKPLACE / WORKSPACE MODIFICATIONS

ERGONOMICS	WORKPLACE BEHAVIORS
Furniture - chair selection, sit-stand desks/work surfaces	Walking meetings
Adjustable accessories such as lighting and monitor arms	Stand while working
Non-traditional seating options (lounge areas)	Pace while on the phone (using a headset)
Computer monitors – size and quantity	Take the stairs
Central printing stations	Visit rather than call
Alternative workstations, such as treadmill desks	Activity Tracker (Fitbit)- set goals & challenge yourself

FUELING THROUGH NUTRITION



THE FOOD, MOOD & ENERGY CONNECTION

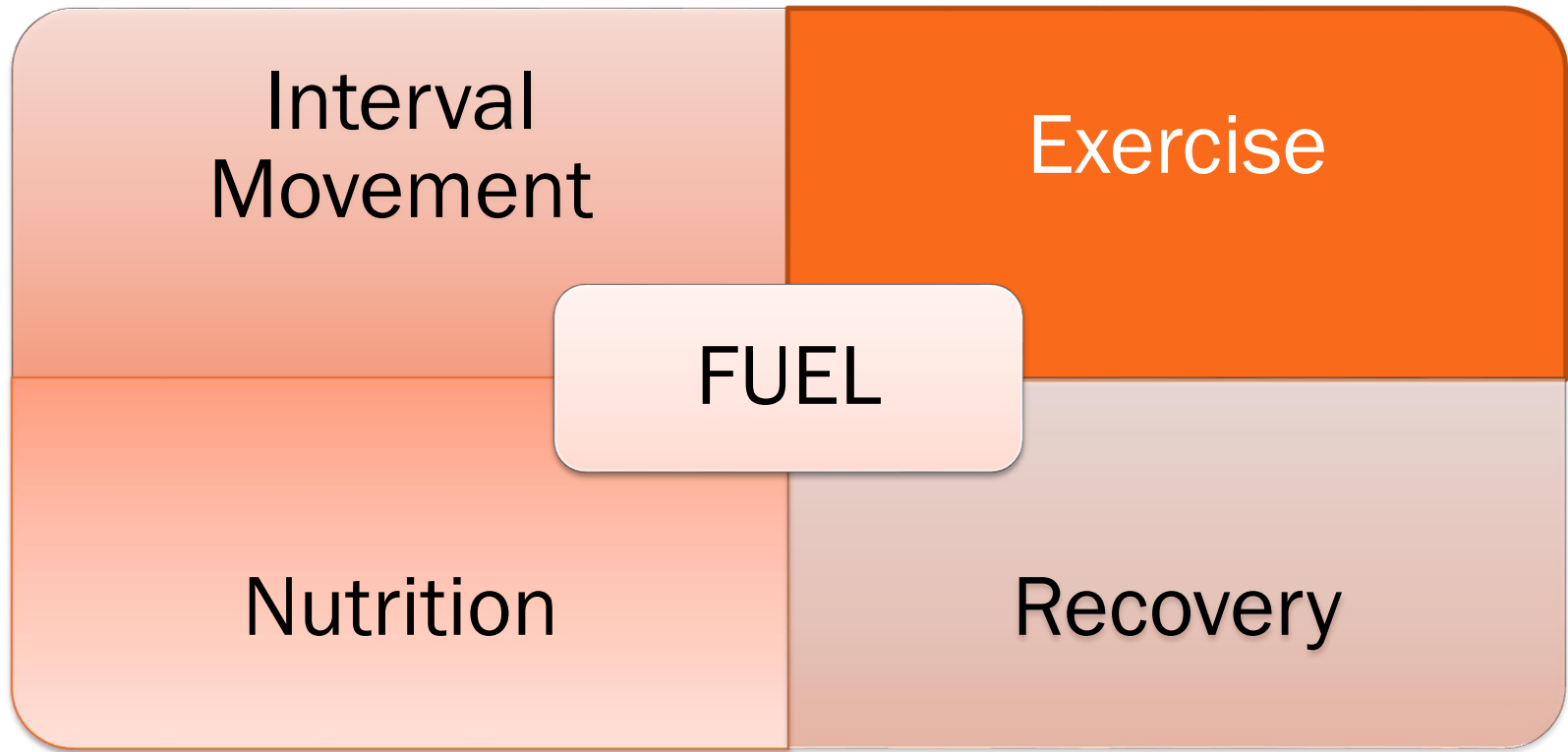
- **WHAT** you eat and **WHEN** you eat affects your blood sugar and influences how **energetic, engaged** and **productive** you will be.
 - Low blood-sugar **inhibits the ability to concentrate**
 - Stable blood sugar enables you to **stay sharp for longer periods** throughout the day
- **To maintain your energy level, strive to fuel your body consistently throughout the day**
 - Always eat breakfast
 - Eat three meals plus 2-3 snacks to help keep blood sugar stable
 - Stay hydrated

THE FOOD, MOOD & ENERGY CONNECTION

Strive to eat a *balanced diet* to help fuel the body and keep energy levels from declining throughout the day.

- **Balanced meals** consist of carbs, proteins and fats
- **Portion control** (beware of portion distortion)
- **Avoid too much refined sugar** as it gives you a quick “high” followed by an energy crash and cravings for more sugar
- **Drink plenty of water** or other low calorie or no calorie beverages

FUELING THROUGH EXERCISE




FITTING EXERCISE INTO YOUR DAY

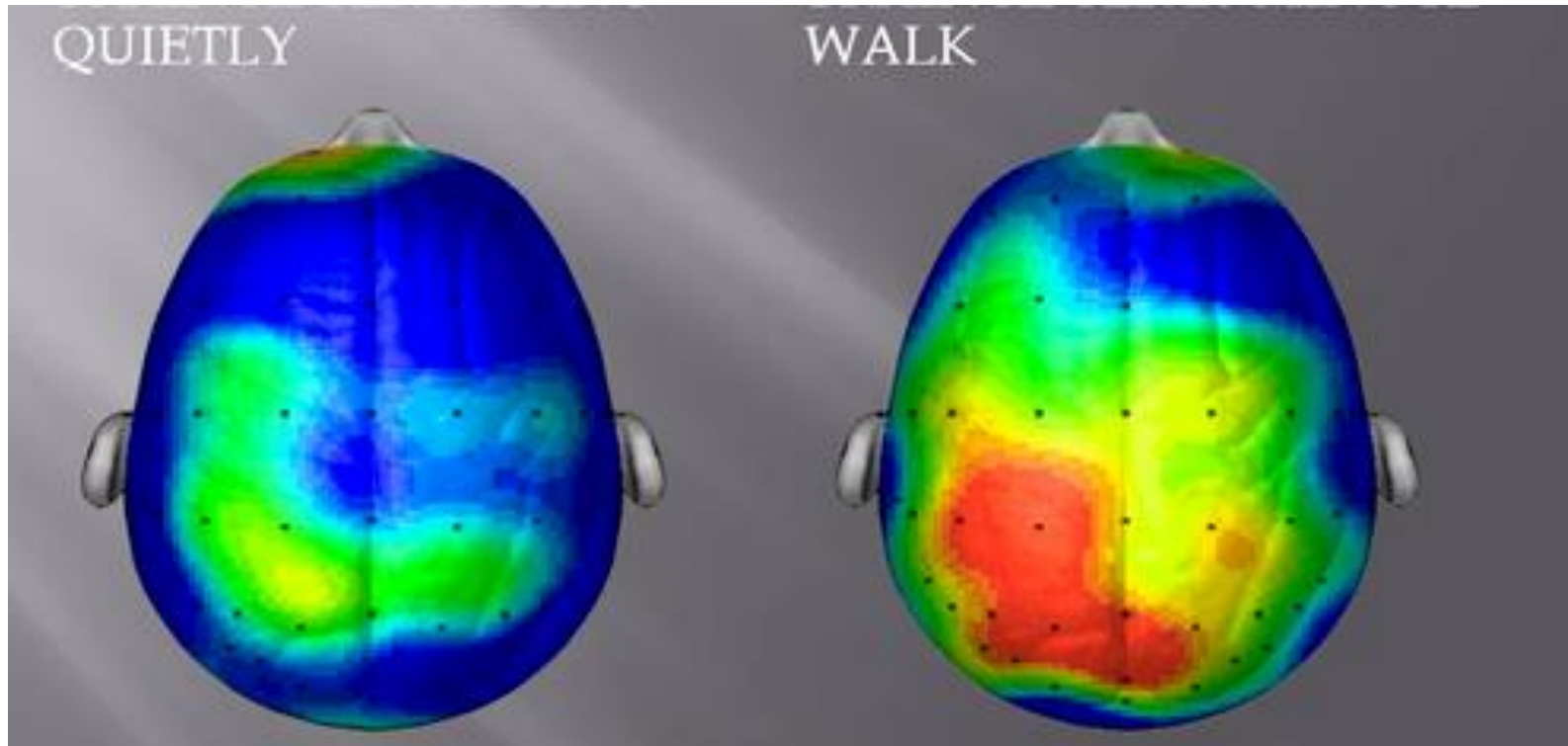
Research shows that *short bursts* of physical activity (10 minutes) lead to improvements in energy, mood, cognition, creativity and problem solving due to increased blood and oxygen flowing to the brain*.

**Exercise Duration and Mood State: How much is enough to Feel Better?*

Health Psychology, Hansen C. Stevens



BRAIN AFTER SITTING QUIETLY AND AFTER A 20 MINUTE WALK

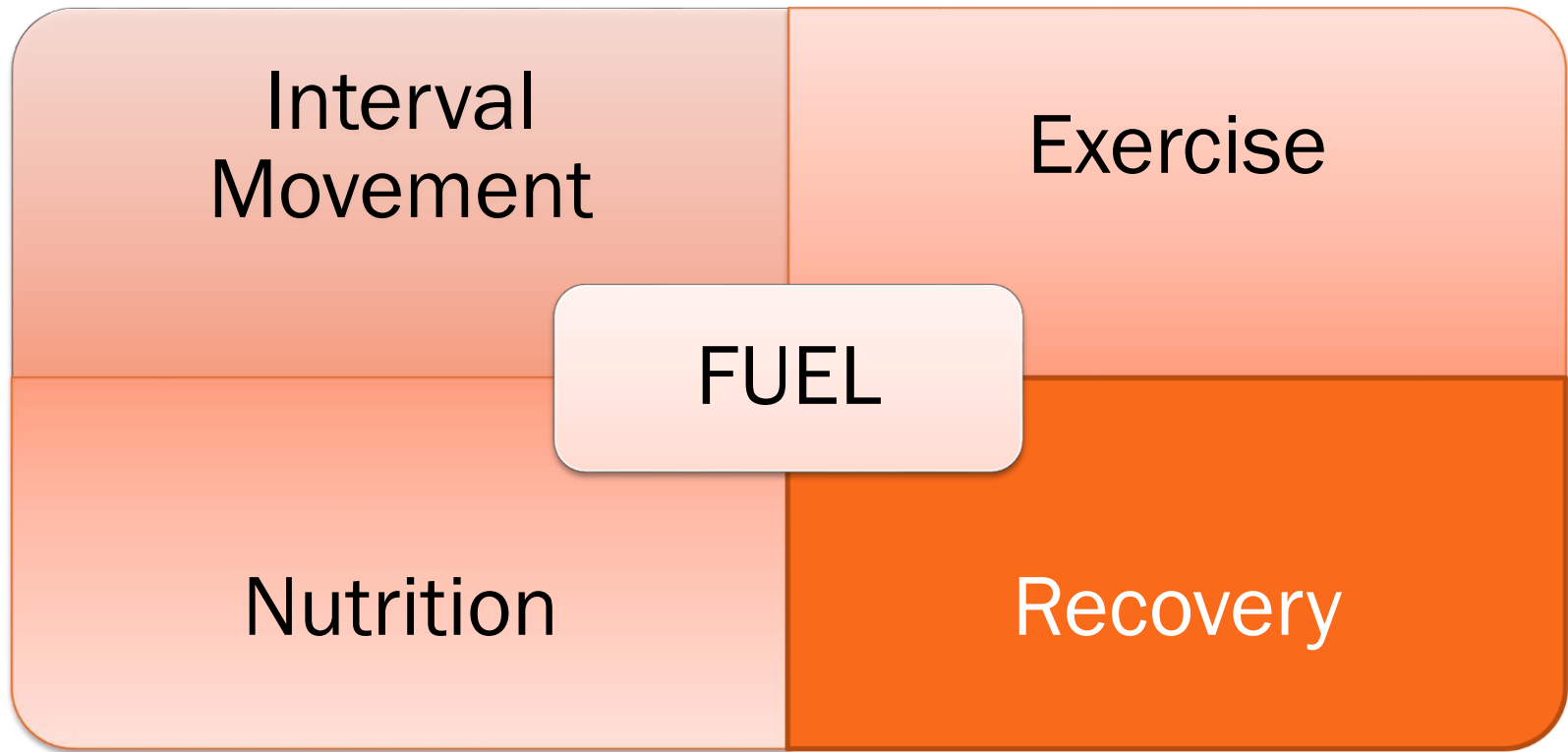


FMRI scan source Dr. Chuck Hillman, University of Illinois

FITTING EXERCISE INTO YOUR DAY

- Engaging in short exercise segments does add up and can positively affect energy, health and weight management efforts.
- Find 10 minutes 2-3 times per day:
 - ✓ Go for a short walk before getting in your car to go to work
 - ✓ Walk around your office building or parking lot at lunchtime
 - ✓ Pace while talking on the phone
 - ✓ Take a few flights of stairs between meetings
 - ✓ Park far away from your office or other destination
 - ✓ Don't take elevators, escalators or moving sidewalks
 - ✓ Go for a short walk when you get home and before going into the house

FUELING THROUGH RECOVERY

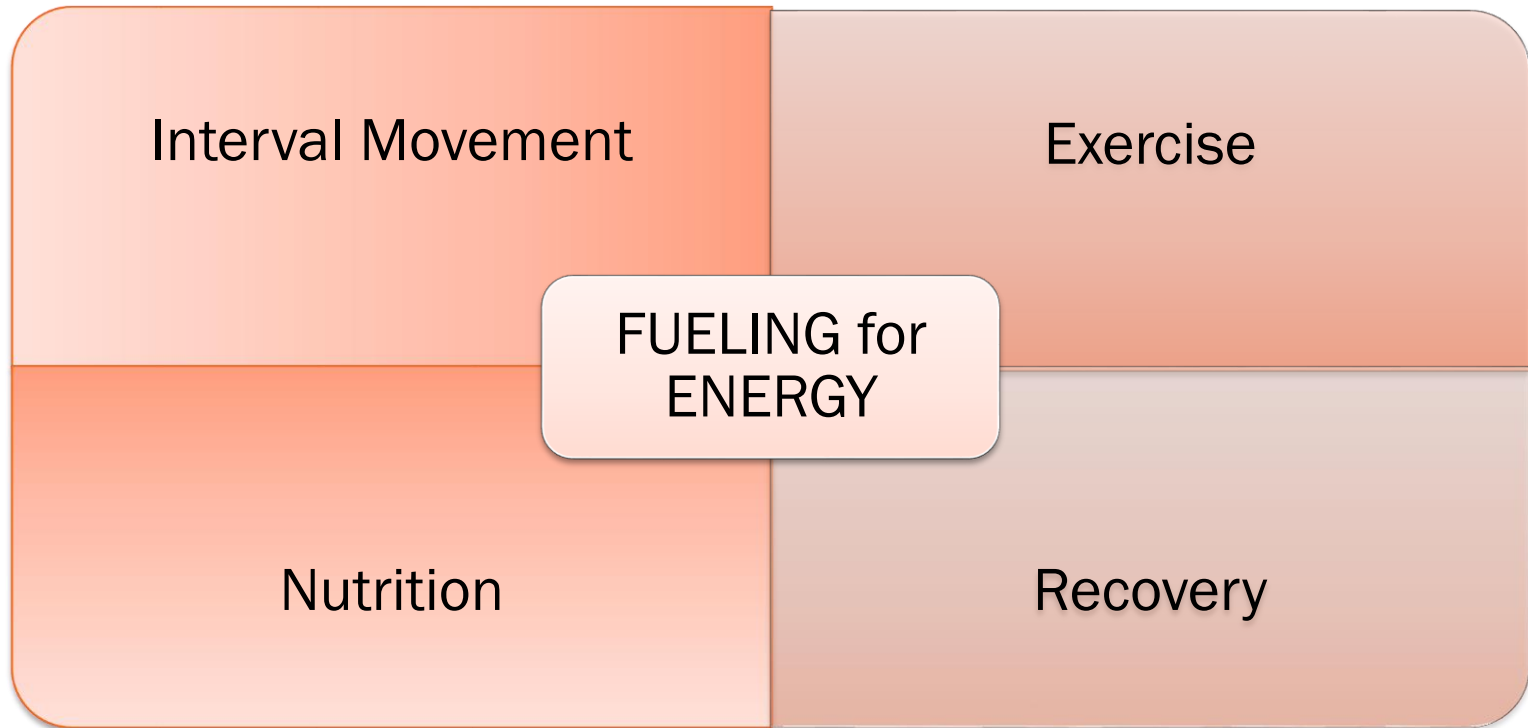


RECOVERY: RECAPTURING ENERGY

It is important to break the cycle of continuous exertion!

- Get sufficient **sleep** (7-8 hours)
- Take **mental breaks**
 - Interval movement- *break the sedentary cycle*
 - Interval exercise- *find 10 minutes a few times/day*
 - Personal tasks- *call a friend, send a gift, visit a colleague*
- Perform **Interval Movements** to adjust posture, encourage circulation and stretch
- **Fuel** by having a meal or snack
- Get some **fresh air**

ENERGY MANAGEMENT FOR GREATER PRODUCTIVITY AND BETTER HEALTH!



SUMMARY QUESTIONS



SUMMARY QUESTIONS

What are the four core sources of fuel according the Energy Management Matrix?



SUMMARY QUESTIONS

What is a common energy draining behavior at work?



SUMMARY QUESTIONS

What happens in your body when you sit too much?



SUMMARY QUESTIONS

What are the three components of Interval Movement?



SUMMARY QUESTIONS

What are some behaviors at work you can adopt to help you sit less?



SUMMARY QUESTIONS

What kinds of changes to offices and workspaces can help people sit less and be more physically active?



SUMMARY QUESTIONS

What is the most important meal of the day?



SUMMARY QUESTIONS

How does having low blood sugar make you feel?



SUMMARY QUESTIONS

What are ways to fit in short bursts of physical activity during a busy workday?



SUMMARY QUESTIONS

Are taking brief mental breaks throughout the day considered Recovery?

THANK YOU!

Julie Crow & Steve Naturman

www.fuelbuilders.com

info@fuelbuilders.com

