



WORK LIKE AN ATHLETE

HOLISTIC

Lifestyle pillars for a *good day*



Sleep



Daylight



Nutrition



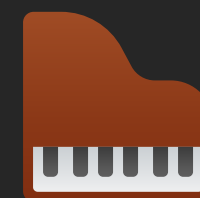
Movement



Exercise



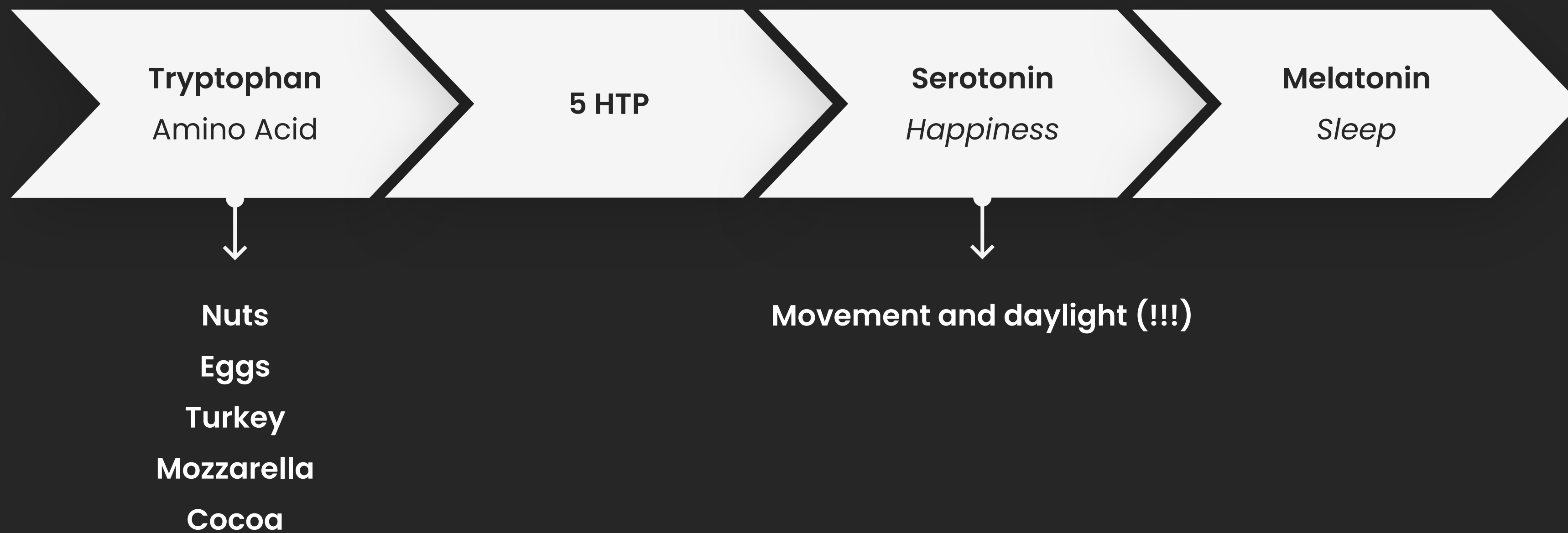
Connection



Relaxation

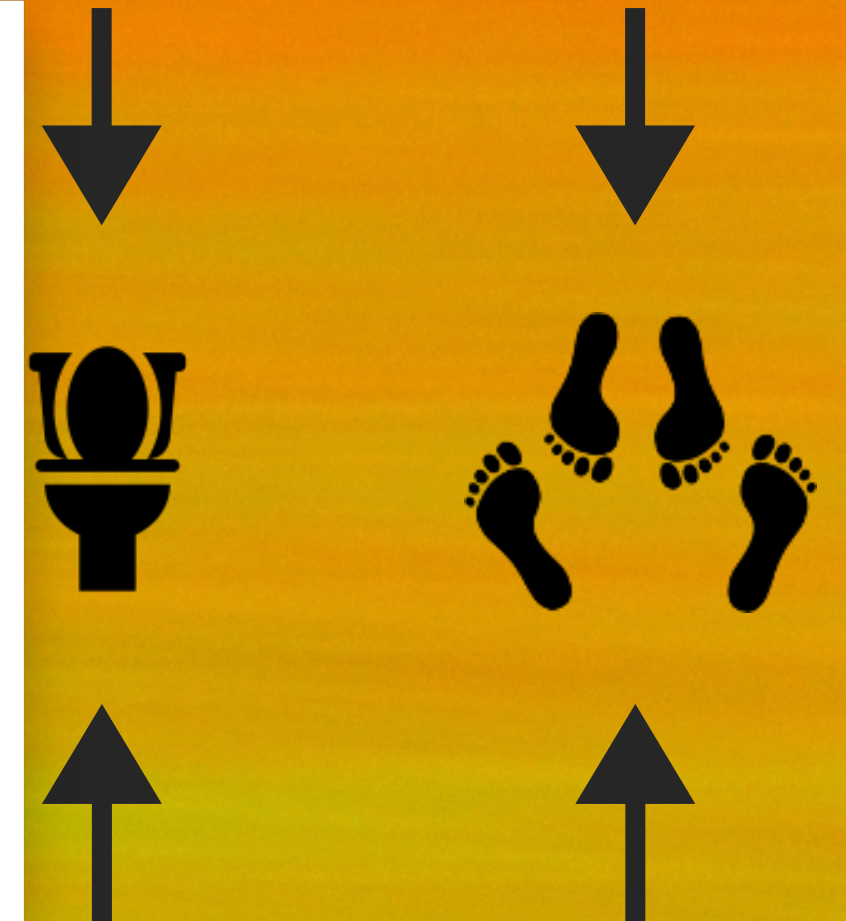
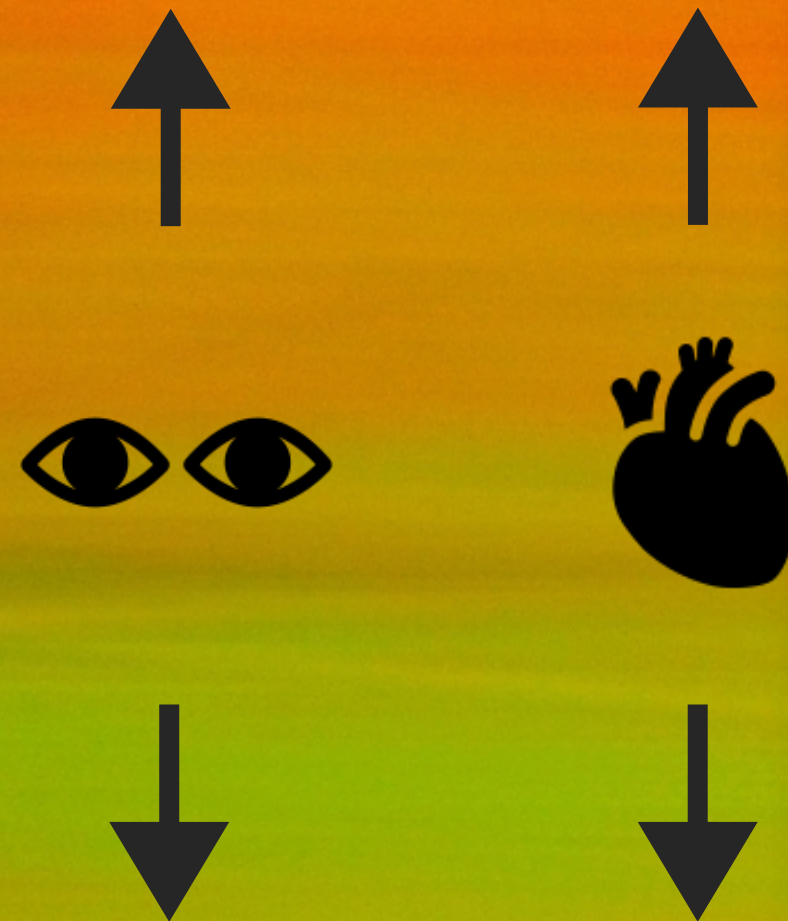
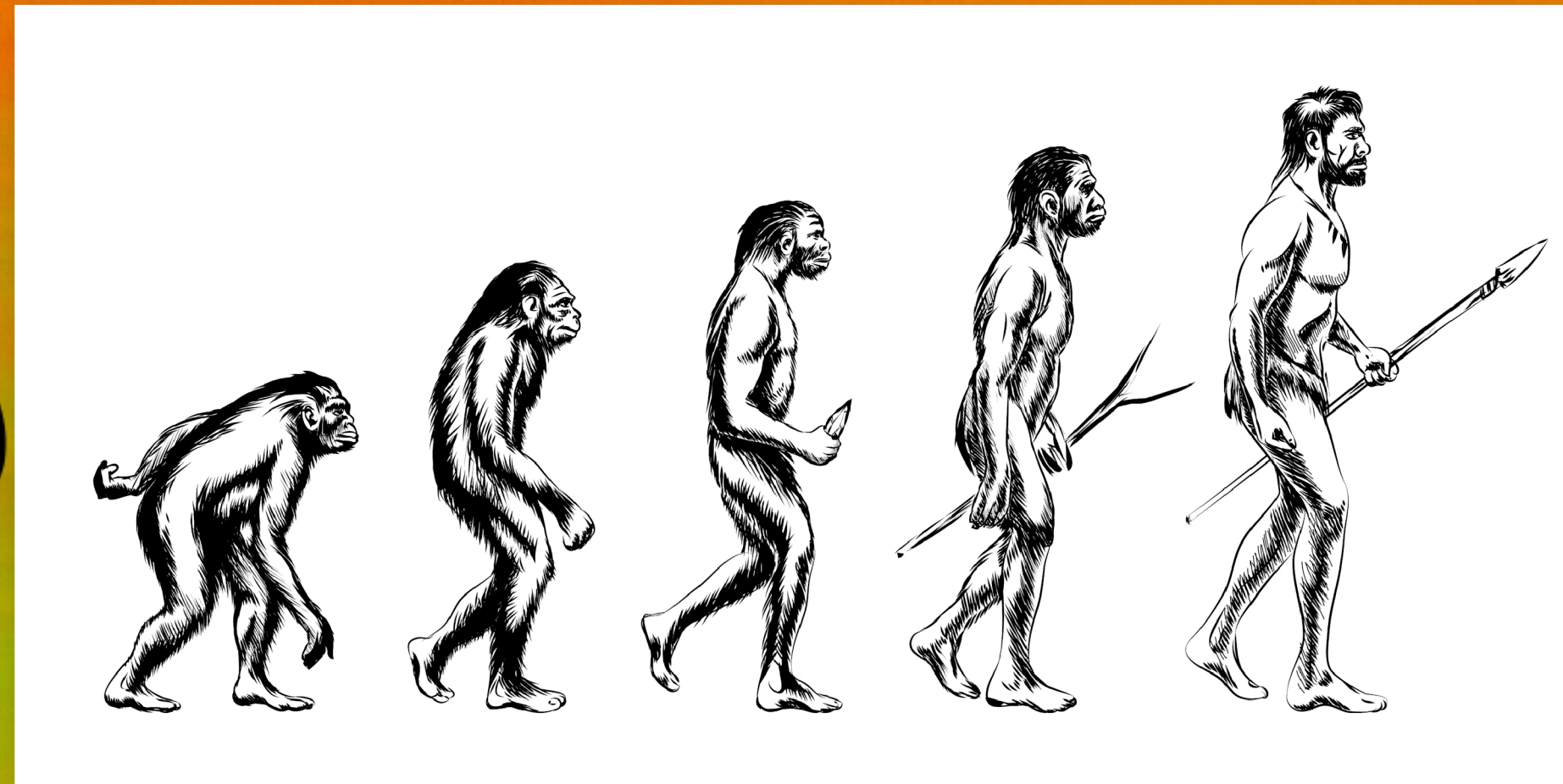
HOLISTIC APPROACH

SLAAP



ACTION

FIGHT / FLIGHT . SYMPATHETIC . MOBILIZATION

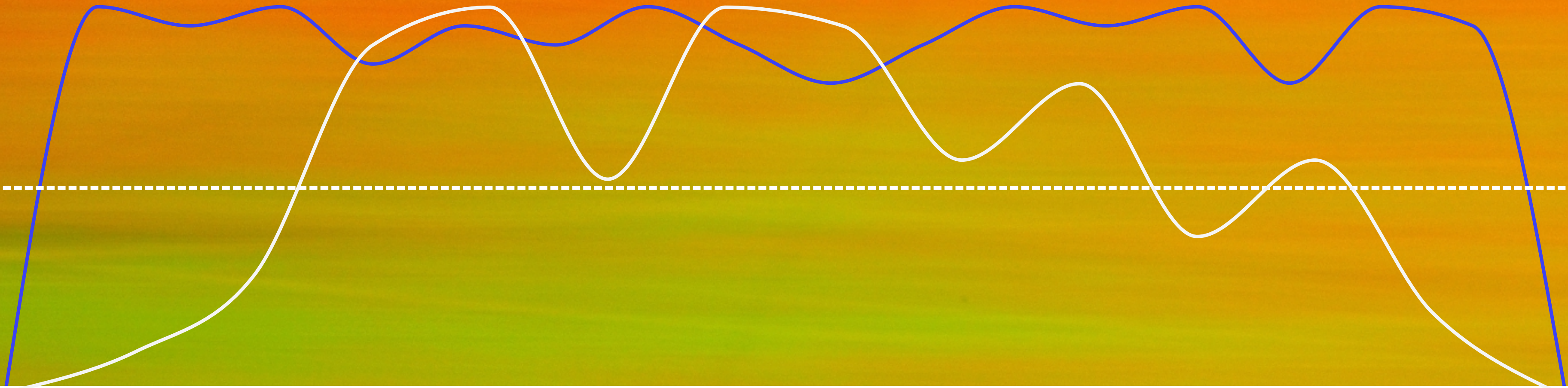


RELAX

REST & DIGEST . PARASYMPATHETIC . SAFETY

ACTION

FIGHT / FLIGHT . SYMPATHETIC . MOBILIZATION



RELAX

REST & DIGEST . PARASYMPATHETIC . SAFETY

BREATHE

From sympathetic to parasympathetic

Try Pitch



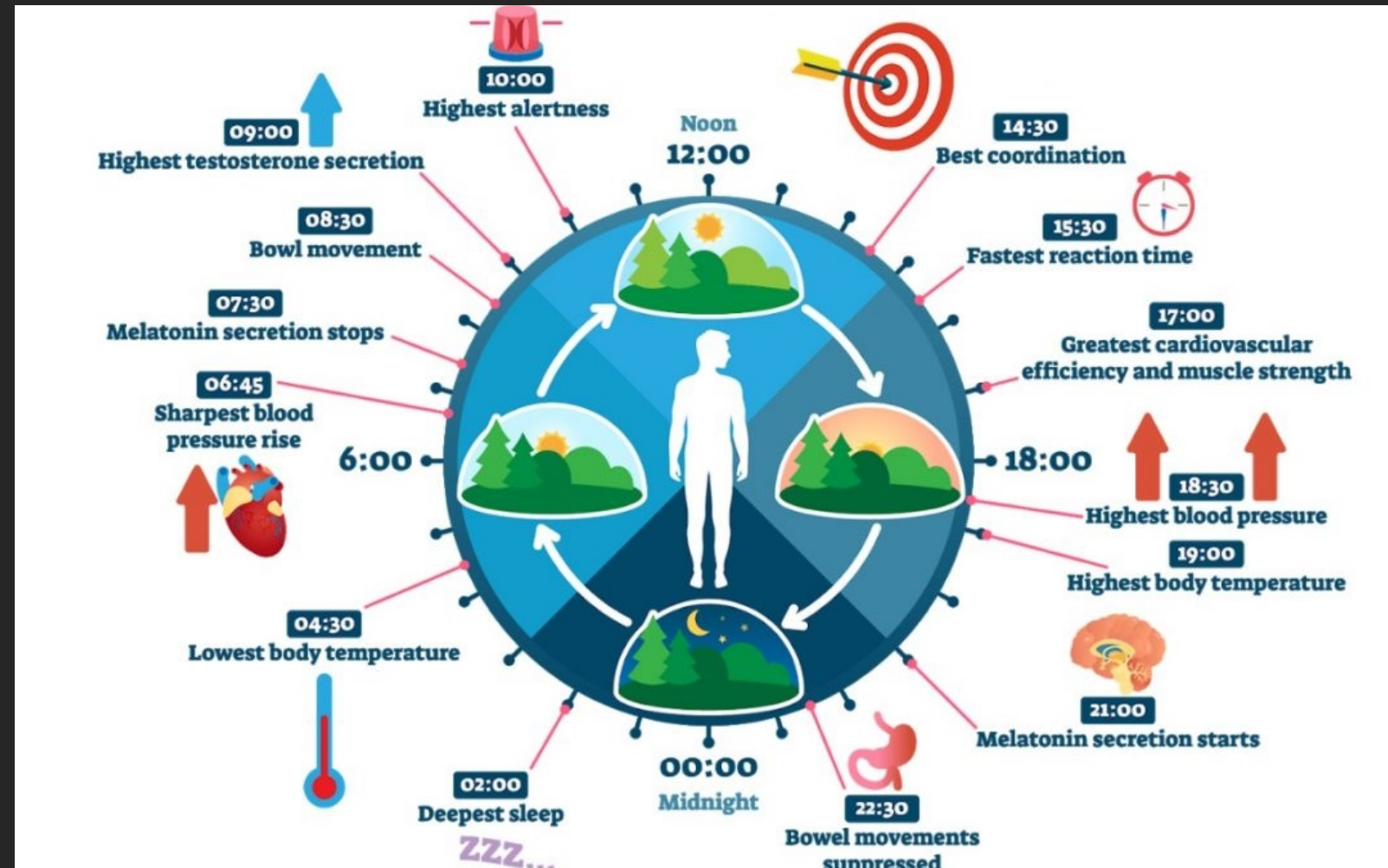


WIN THE MORNING

What does your warm-up look like?

BIOLOGICAL CLOCK

CIRCADIAN RHYTHM



- 24-hour cycle
- Foundation of humans: day vs. night
- Regulates all internal systems:
 - Sleep and eating patterns
 - Alertness
 - Mood
 - Hunger
 - Hormone production
- Blue light as a major disruptor
- Operates based on daylight

WARMING-UP

VICTORY IS KEY

- You snooze, you lose
- Skip your phone
- Make your bed
- Hydrate
- Cold shower?
- **Silence** (breathwork, meditation, visualisation and intention)
- **Daylight (!)**



SHOWTIME

What does your matchday look like?

Try Pitch



"EAT THE RIGHT FOOD, AT THE RIGHT TIME"

NUTRITION

Macro- and micronutrients

- Fats en carbohydrates: energy

- Proteine: build and recover

"Eat unprocessed foods made by Mother Nature"

- Check de ingrediëntenlijst

Energy dips?

- Don't eat too often (3-4 meals a day)

- Focus on complex carbs (low glycemic index)

- Order of eating



GLYCEMISCHE INDEX (GI)

Product	GI
Leafy greens	10
Eggplant and tomato	10
Onion and garlic	10
Walnuts	15
Cashewnuts	22
Grapefruit	25
Green beans	30
White beans	30
Carrot	30
Chickpeas	30
Lentils	32
Fat yoghurt	25
Apple	25

Product	GI
Green peas	40
Orange	43
Soy milk	44
Grapes	45
Whole wheat pasta	48
Brown rice	50
Sweet potato	50
Quinoa	53
Kiwi	53
Oats	54
Mango	55
Blueberries	59
Melon	60

Product	GI
Wheat flour	65
White rice	70
Baguette	70
Honey	73
Wheat bred	75
Dried dates	80
Chips	80
Cornflakes	80
Popcorn	85
Grapjejuice	85
Fries	85
White bread	96
Maltose (beer/oatmilk)	110

CUP OF COFFEE?

CAFEÏNE

- Most used stimulant
- Supresses adenosin
- Downside: half life time 4–8 hours
- Actiion mode (adrenaline, hart rate, stress hormones and sleep)

What to do?

- Delay morning consumption by 1–2 hours
- Maximum of 2 cups per day (200–400 mg)
- Stop consumption 8–10 hours prior to bedtime

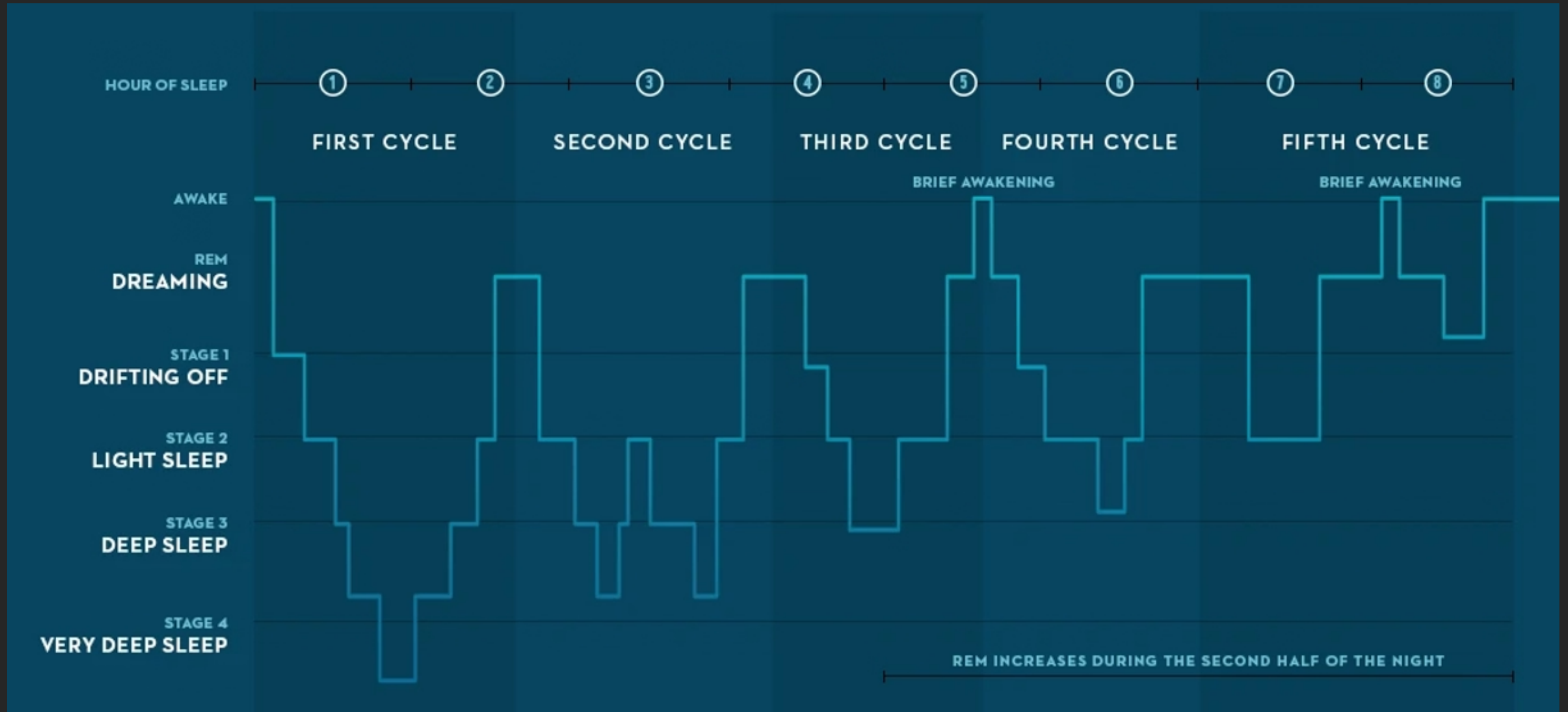


WIND DOWN

What does your cool-down look like?

Try Pitch

SLAAP



GOOD NIGHT'S SLEEP

WIND DOWN ROUTINE

Trigger your brain (work to private time)

- Clean your desk
- Groceries/cook
- Go for a walk
- Reflect and plan your day

3-2-1 regel

- 3 hours prior to bedtime: stop eating
- 2 hours prior to bedtime: no screens (Walk, yoga, breathwork, meditate, sex, read, reflect, board games, prep breakfast/lunch, dishwashing etc.)
- 1 hour prior to bed: dim lights

Nose-breathing

Gratitude



QUICK WINS FOR A GOOD NIGHT'S SLEEP

SLEEP BETTER

Remember: your day determines your sleep quality

- Make your bedroom as dark as possible
- Keep your phone in another room
- Avoid blue light
- Choose real food
- Maintain regular bedtimes
- Daylight is essential (daylight before screen time)
- Exercise daily
- Box breathing





CHALLENGE

How are you going to optimize your day?



@jarnopeeters
@werkatleet

**MANY
THANKS!**



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