



your source of

well-being at work

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Energizing the Business Athlete



FROM THE EXPERT

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For sports athletes, peak performance is reliant upon sensible management, meticulous preparation and optimum health. A business athlete is no different; the same three principles apply. As a result, personal health management is a critical component in determining work performance.

What is health? Health is energy! And energy is the fuel of the business athlete. Energy stimulates action. Most people simply don't understand where the basic sources of energy come from and more importantly, how they can work for them.

There are four primary sources of energy, which have a major impact on our daily experience of life. Creating awareness to these forms of energy and developing a strategy for how to nurture each one is fundamental for living a healthy, purposeful, inspired and happy life.

1 Physical Energy

The primary source of energy is physical activity and movement. It's a scientific fact that exercise increases the body's capacity to



consume more oxygen, and oxygen is the most essential nutrient needed by your body's cells. Your body can go without food for several weeks and still survive. Your body can go without water for several days and still survive. However, your body can only go a matter of minutes without oxygen and you will die!

The reason why so many people experience fatigue, poor concentration and low energy levels on a daily basis is simply because of a lack of oxygen, meaning physical inactivity and shallow breathing. So taking care of your body with daily exercise, which increases your oxygen consumption, balanced with sufficient

rest and relaxation is the foundation for any business athlete.

2 Nutritional Energy

Scientists often call food that we eat "chemical energy" in that it provides the fuel needed for chemical reactions to occur within the body. These reactions produce the "usable fuel" that's required to blink an eye lid, contract a muscle and maintain your heartbeat.

Nourishing your body on a daily basis with proper nutrients in the form adequate water intake and balanced, healthy quality

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Sitting down on the job

As the workforce has shifted from factories to offices, the incidence of back pain has increased dramatically. Researchers blame this increase on one simple activity that we do all the time: sitting.

Our bodies were not designed to sit for long periods of time. We were made to move. Almost everyone who sits for long periods of time will develop back pain, even with the use of an ergonomic chair. It's not uncommon to develop other problems as well. Surveys of office workers indicate about half of all employees have frequent pain or stiffness in



their necks and shoulders. Repetitive strain injuries like carpal tunnel syndrome are becoming more common and many keyboard

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Did you know...

75% of a living tree is water?

A single tree will give off 265 liters (70 gallons) of water per day in evaporation.



Sitting down on the job

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users experience wrist pain or discomfort. Who would have thought that sitting could wreak such havoc on your body?

Your body needs movement to operate effectively. If you have a sedentary lifestyle or sit for most of the day, your body is going to start complaining. You have to move. When your muscles contract you assist the flow of blood through your body. The muscles act as a pump. If they don't contract regularly the blood in your extremities pools and you may get swelling of your hands and feet or those parts may just feel cold because the blood circulation is insufficient.

When you sit for long periods of time certain postural muscles like your shoulders, become overworked. These will tend to become short and tight from overuse whereas other muscles like your gluteals, abdominal and mid-back muscles will become weak and atrophy.

Micro Break

Lean back in your chair and stretch your arms up and legs out. Wiggle your fingers and toes. Then do circles with your ankles and wrists. Continue to reach up and back, close your eyes, breathe in deeply and out slowly several times. And don't forget to smile!

In the short time it takes to perform this micro-break, you have released the lock of your visual and mental tasks, stretched away muscle tension built up in your hips, spine and arms and refreshed your body with extra oxygen by expanding your rib cage. You also improved your posture as well as the circulation of blood through your legs and arms. All this in less than 30 seconds!

Caution: before trying this micro-break, be sure to check your chair for stability so that you don't tip over!

Energizing the Business Athlete

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carbohydrates, proteins, essential fatty acids, vitamins and minerals, is like putting high performance, high octane fuel in a sports car. Unfortunately, many people have the daily habit of pouring impure toxic, carbonated, caffeinated junk into their system, which is like pouring paraffin into the high performance engine of a Ferrari! People who have a desire to live daily life with high energy, vitality and concentration levels need to adopt healthy eating habits

3 Mental Energy

By keeping the body in shape by being physically active you'll have the power to conduct energy. And by maximising that exercise by nourishing your body with high performance fuel, in the form of good, balanced nutrition; you'll have a source of energy. In other words, you've got a high performance sports car that's filled with high performance fuel.

However, that in itself will not take you in the direction you want to go. What you now need is the steering wheel to guide you in that right direction. You need the capacity to direct your powerful energy. Therefore, you also need to be mentally healthy and prepared. i.e. you need to exercise your mind on a daily basis as well. The stronger your mental energy, the stronger your grip will become on that steering wheel, which in turn gives you much more control on where you are and what you will be able to achieve every day.

4 Heart and Soul Energy

This is the highest source of energy you can experience! It's the form of energy that makes all the difference. If the physical energy is the condition of the car, the nutritional energy the high performance fuel, the mental energy the steering wheel, then heart and soul energy is the accelerator!

This form of energy can be felt and experienced

in many different emotions like excitement, joy, laughter, optimism, empathy, passion and love. It's within each and every one of us! And the more you have faith in it - the more connected and aligned you'll be with this very powerful source of energy.



What does this all mean?

In short, energy is all around us. It flows through our actions, motions, reactions, emotions, thoughts and feelings. So why do so many people still have a restricted source of energy? Well, when your body is living a sedentary lifestyle, when you never take it "out of the garage," no energy can flow. If you never fuel up with high performance nutrition and oxygen, you'll never improve your capacity to conduct energy. And without the ability to focus your mental energy, you'll be missing out on the important opportunity of being self-directed and in control of your energy. And without faith in your life you will never be able to experience the pure energy of your heart and soul. Unfortunately, this poor state of being has become the norm for many a business athlete.

Solution

The solution is to become more physically active, to nourish your body with quality nutrition, learn to relax, exercise and focus your mind, manage your emotions and most of all have faith that although life can sometimes work in mysterious ways, life works! When you approach life in this way, you will experience a higher quality of life and daily living!

Well-being at Work

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Eden water - your source of well-being at work



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