



# STRIDES AND STRATEGIES TOWARDS *TRANSFORMATIONAL* OUTCOMES

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# STORIES OF OVERCOMING, STRUGGLE INSPIRE US





Perseverance

Clever

*Dreamer*



# CAN YOU RELATE?

- Pressure
- Competition pushes you to risk more
- Innovation, creativity is essential
- Goals seem impossible
- Slimmest margin for error
- Failure and Success = Public
- Emotional
- Just making the team takes a decade, at least





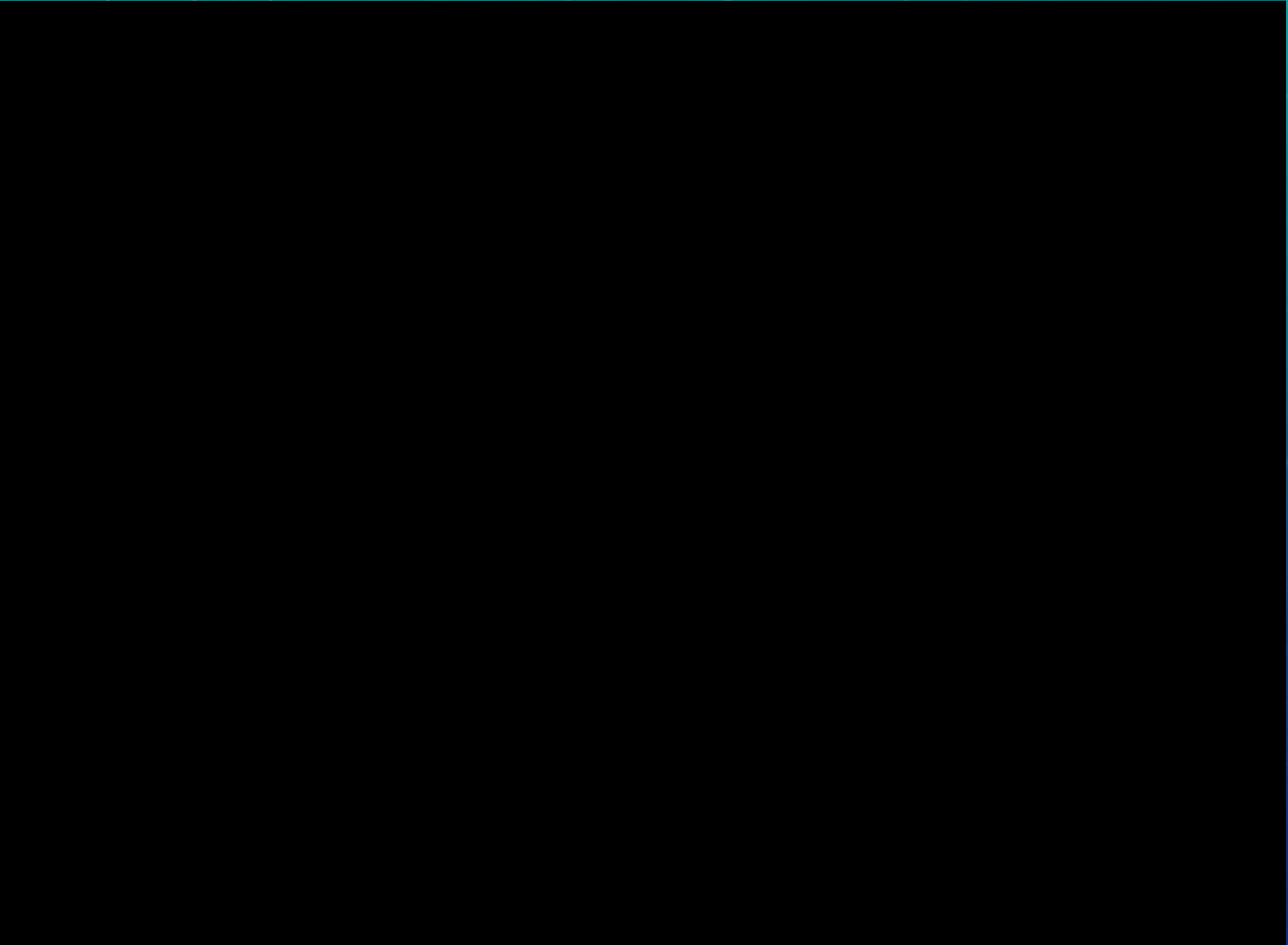
# REVISITING THE QUESTION

- What is your PURPOSE? Your LEGACY?
- Who are you when you are at your BEST?
- Who RELIES on you?
- Where are you Gifted?
- Where does your great PLEASURE meet the world's greatest NEED?
- Resume Virtues versus Eulogy Virtues (David Brooks)

# QUESTIONS TO UNCOVER YOUR MISSION

- What kind of missions are you already on?
- Compare your Mission to Marriott's Mission
- To what (whom) do you love giving your talents?
- Intersection of your pleasure with the world's need
- Who relies on you and for what, really?
- And how is all of **that** going?





# AM I STUCK? WHAT IS NEEDED?

- **Revision** of my personal narrative
  - **Responsibility** is mine
  - **Renovation** of my capabilities
  - **Repetition** of key skills
  - **Restoration** of my confidence
  - **Readiness** brings **Results!**
- 
- Bottom Line: **Don't Stand on an Escalator! Get GOING!**



# UNDERSTANDING THE PROBLEM WELL...

- FIGURE SKATING IS 90% MENTAL (and the other “half” is PHYSICAL):
  - INTERNAL:
    - Can't SEE Triple Axel
    - Ambivalence
    - Doubt
    - Stories
  - EXTERNAL:
    - Distractions
    - Relationships

# MARCHING ORDERS (THE OBVIOUS SOLUTION)

## Change-up psych routine

- Visualize, Relax, Rehearse
- Script, affirmations
- Biofeedback and breathing

## Olympic Shape

- HIIT
- Back-to-back run-throughs, jump reps
- Meals, sleep

# EXAMPLES OF POTENTIALLY DEBILITATING STORIES

- Family stories:
  - Mom is not good at math.
  - We have a weight problem.
- Personal stories:
  - I “choke” in the big events
  - Short program is my “nemesis”
  - I’ll “win” the practices
- Public stories:
  - Paul is a “pathetic figure in the sport” who does not belong on the Olympic Team



# OVERCOMING NEGATIVE MOMENTUM

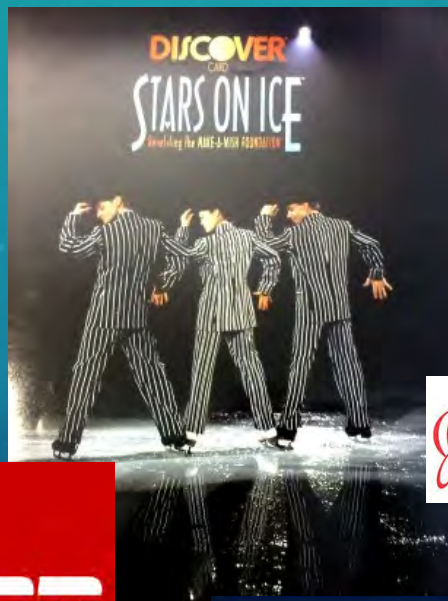
- Sense of efficacy and confidence
  - Earned through muscle memory and positive repetition
  - “Track record” turns around to positive
  - Training with supportive mentors, coaches, peers helps
- Use environment to help you
- Imagine desired outcome in rich detail
  - Training process begins in the mind
  - Mental rehearsal, imagery begins with relaxation
  - Granular detail is critical



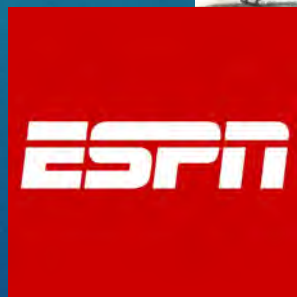


# GOING PRO

- STARS ON ICE
- Back to School
- Real World
- Family



Johnson & Johnson





WHERE DO **YOU** WANT TO GO ?



# HEADLINE: PREVENTABLE BEHAVIORS LEAD TO CHRONIC HEALTH CONDITIONS

- Snapshot of American Health and Wellness calls it a “lifestyle disease” epidemic
- CDC identified four behaviors which contribute to diabetes, heart disease and other chronic diseases:
  - Inactivity
  - Poor nutrition
  - Tobacco use
  - Frequent alcohol consumption
- 58 Million Americans have chronic conditions
- Trend grew 25% over last 10 years, alarming statistics among younger people especially
- Accounts for 75% of national health expenditures

Source: RAND Corporation Study, 2012



# A FEW PRACTICAL TIPS TO PUT GAS BACK IN THE TANK





# STATE OF HEALTH IN AMERICA, COMPANIES

- Wellness programs get people involved.
- Community aspect gets people walking more, quitting smoking, eating more nutritiously
- Screenings help identify health risks
- Workplace programs, gyms, incentives, information, competitions get people to move, creating a positive social environment
- Fitness, diet, smoking cessation, alcohol and substance abuse, also seat belt use, financial “health”

# LET'S ROLL UP OUR SLEEVES AND TRAIN!

- Tackling behaviors from the inside out:
  - *Inactivity* vs. Physical Training (movement)
  - *Overeating* vs. Healthy Nutrition
  - Control of other behaviors including *smoking*, *alcohol* and substances
- What's a sustainable mindset (psychology) to motivate in the midst of difficult changes?

# RESISTANCE TRAINING

- Weights
- Bodyweight exercises (Jumping Jacks, Mountain Climbers, Wall Sits, Push- Ups, Sit-ups, e.g.)
- Rubber Bands
- Using your hotel room
- Using Apps for Boot camp Style workout
  - 7-Minute Workout



# “CARDIO”

- Working your cardio-pulmonary system (your heart is a muscle)
  - Running/Jogging
  - Elliptical
  - Brisk Walk
  - Swim
  - Bike
- Need to elevate your heart rate

# Perceived Exertion Scale

20	Total Exhaustion	}	Pain
19	Very, Very Hard		
18			
17	Very Hard	}	Discomfort
16			
15	Hard		
14		}	Comfort
13	Somewhat Hard		
12			
11	Fairly Light	}	Rest
10			
9	Very Light		
8		}	
7	Very, Very Light		
6	Rest		

# INTERVAL FOR 50 YEAR OLD, 30 MIN EXAMPLE

- 3 Minutes on bike or treadmill to warm up
- 2 Minutes around 153 BPM
- 1 Minute around 119 BPM
- Repeat the bracketed interval 8 times (24 minutes)
- 4 minutes to cool down
- Stretch



# FLEXIBILITY / YOGA / BREATHING

- Necessity of stretching out muscles, especially after resistance training
- Yoga, Martial Arts, Dance are all useful ways to integrate movement
  - Burn calories
  - Increase flexibility
  - Balance and control
  - Mind-body connection
- Deep breathing is key to mindfulness meditation
- Promotes relaxation, combats stress

# STRATEGIC NUTRITION

- Food is FUEL
  - Energy in the form of calories
  - Eat what you need for the next 2-4 hours
  - Excess calories will be stored
- What's in food?
  - Carbohydrates, Fats, Protein, Fiber
  - Vitamins, minerals, additives

# KEEPING FUEL IN THE TANK WITHOUT SPILLING OVER

- Staying between 4 and 6 on the hunger scale
- Maintaining blood sugar so you have energy for the next 2-4 hours
  - Excess or deficit create negative effects
  - Swings in blood sugar create cravings and crashes
- Necessity of healthy snacks to fill in the gaps



# ALWAYS AND NEVER...

- Always...
  - Eat breakfast (you should eat within 30 minutes of waking, even if it's just a snack)
  - Eat something before and after exercise
  - Keep yourself hydrated
  - Keep moving throughout the day. Every little bit helps.
  - Eat a colorful, diverse plate of food
- Never...
  - Starve yourself in order to lose weight
  - Trust caffeine to give you energy

# SHOULD I REALLY SNACK?

- Choices!
- Kind Bar
- Yogurt
- Fruit
- Note the **absence** of:
  - Cookies
  - Muffins
  - Soda
  - Junk Food / Fast Food

# CASE STUDY: LANCE M.





# LEARNING FROM LANCE'S STEPS

- Went for Health Screening.
  - 192 lbs. and a 37" Waist
  - Doc: "On the borderline" for Type II Diabetes meds
- Began with Intentional Actions
  - Inspirational reinforcement
  - Journaling food and using My Fitness Pal App
  - Pre-meditated ordering, researched menu + restaurant, stuck to choice
  - Self-talk throughout meal time, including napkin to signify finish
  - Incremental exercise
- Having fun with new fitness level and energy and continuing

# NEW PATHWAYS

Began with elliptical at the Y.

Moved onto basic boot camps,  
and discovered running as a passion.

Social outlet, turned into Mud Runs  
and ½ Marathons.

Increased energy?



# SEE LANCE M. RUN!

Lance recently ran a 5' 43" Mile





# RE-WIRING YOUR MINDSET...GROWTH

- Why not me?
- Reminding yourself of the work that you've put into it
- Keeping the facts straight
- Working through the details with confidence (if not real, "fake it 'til you make it")
- Don't give up
- Words make pathways in your brain

# MAKING IT PRACTICAL

- Writing stuff down
  - Journaling, My Fitness Pal, Heart Rate, Work-Outs, Sleep
  - Rate Yourself
- Pre-meditate your choices if possible
  - Meals and Exercise
- Invite others to join
- Healthy choices, day-to-day
  - Omelet for breakfast (means shopping and chopping)
  - Pack snacks, water
  - Lay out workout clothes
  - Set iPhone reminders

# “TURNING THE CORNER”

- First steps often the hardest, breaking patterns
- Grapefruit juice?
- Cravings seem insurmountable
  - WORDS, STORIES: commitment, necessity, urgency
  - Connect with your intention. EMPOWERED, not deprived.
  - Reinforce: “You are getting stronger.”
  - Positive action + affirmation + a little help



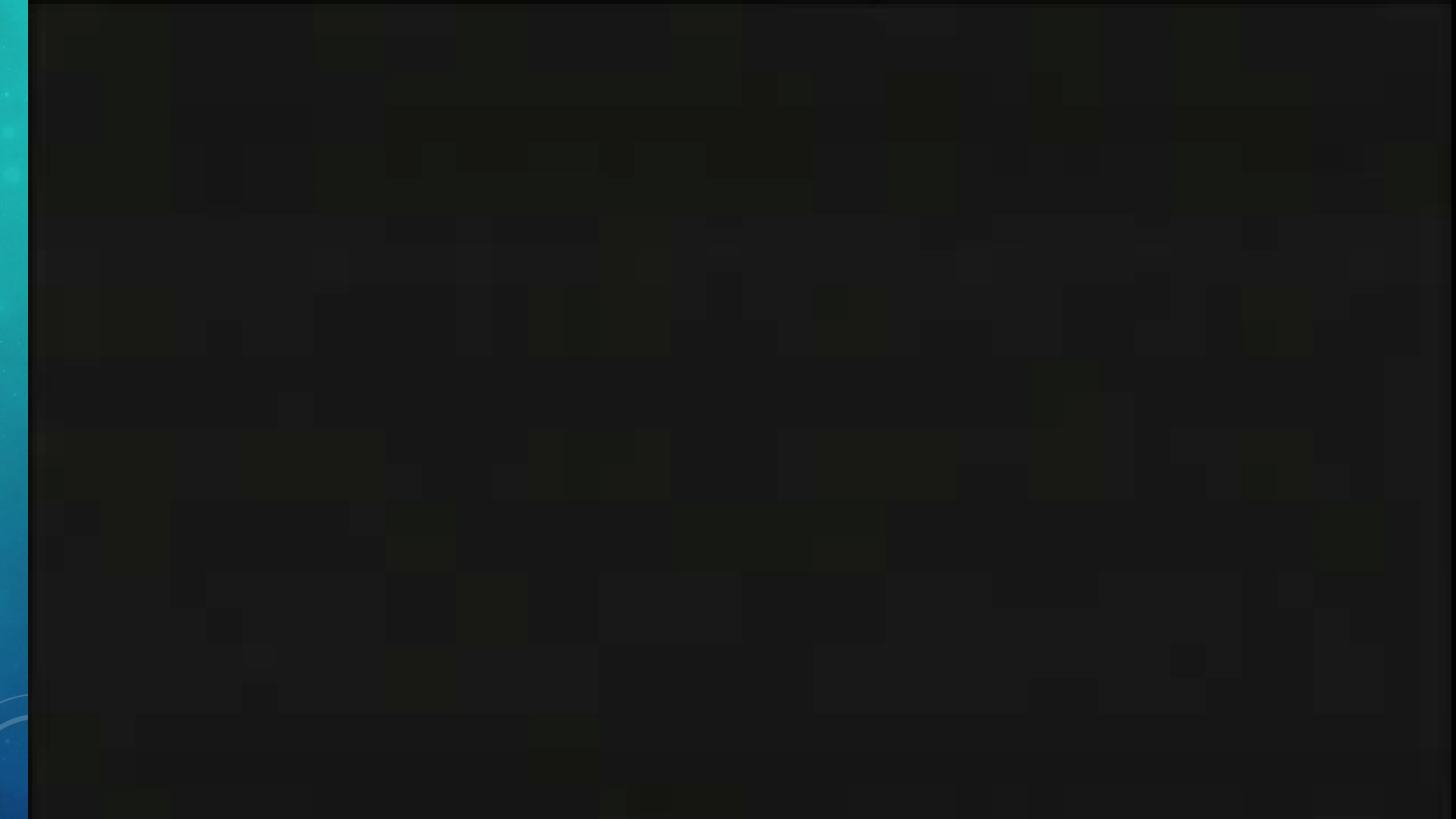
# I WILL LIVE COMMITTED TO MY MISSION

- I am here to accomplish a Purpose
- My wife and kids need me
- I have contributions to make to my community and to the world
- I want quality of life for the next 50 years
  - Active, goal-driven, fun
  - Walk my daughters down the aisle
  - Help raise grandchildren
  - Love, support my wife for as long as I live

# YOUR TURN

- You are in a unique role wherever you are
- People rely on you, at home, at work, in the community
- Think about, dwell on and live *into* your life's purpose
- **Focusing on your mission** will not just transform your performance,

It Simply Changes Everything.





# RESOURCES

- *Spark*, John Ratey M.D.
- *The Power of Full Engagement*, Jim Loehr and Tony Schwartz
- *Man's Search for Meaning*, Viktor Frankl
- *The Power of Story*, Jim Loehr
- *The Only Way to Win*, Jim Loehr
- *Mindset*, Carol Dweck
- *A Million Miles in a Thousand Years*, Donald Miller
- *Daring Greatly*, Brene Brown
- *The Path*, Laurie Beth Jones



# THANKS! CONTACT ME WITH QUESTIONS

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