

Move More TO PERFORM BETTER



The Power of Movement

- > Makes you happier
- > Improves memory, learning, problem solving and concentration
- > Prevents and treats cardiovascular disease
- > Lowers your risk of certain types of cancer by 24-50%
- > Alleviates depression and anxiety
- > Prevents Alzheimer
- > Prevents osteoporosis
- > Reduces the number of cold and flu infections that you get by 75%
- > Reverses type 2 diabetes

Exercise primes the brain for mental performance

If you have an important thinking-related task to do – a presentation, a major meeting or an exam – try to take a few minutes to do some light exercise before the event. Go for a walk. Do a few flights of stairs. Block off some time to get focused and make sure that you walk, stretch, or lift some weights in the hour before you settle in to work on the

challenge. This exercise will increase the flow of oxygen and nutrients to the brain and improve your mental performance. and quinoa are all good sources of complex carbohydrates. Avoid simple carbohydrates (white bread, white rice, white potatoes) and sugary foods and drinks as much as possible.

Movement and Creativity

There are many examples of the world's most creative people activating themselves before doing mental tasks using exercise. Charles Dickens was rumoured to have walked 50 kilometres a day. Bob Marley is one of the best musicians ever. To supercharge his creativity and performance before playing concerts, Bob and his band the Wailers would play soccer in the stadium where they were to play. Steve Jobs conducted all his meetings while

walking around the Apple campus.

Scientists at Stanford University found that walking boosts creative inspiration and creative output by an average of 60%. As little as 15 minutes of exercise improves mental performance, so add this to your day before important tasks that you have to do. If you can start your day with a workout, you'll prime your brain for excellence and help your brain to think more clearly.

