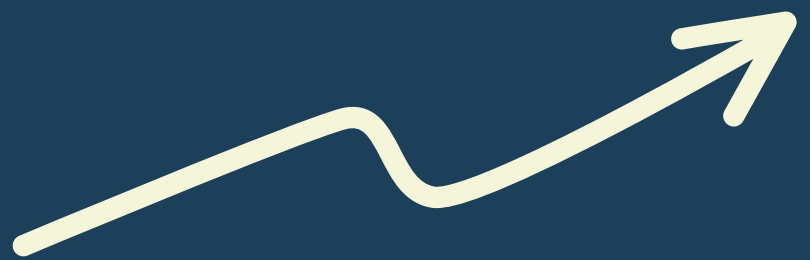
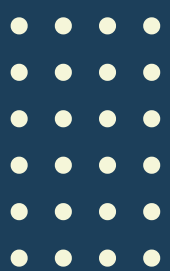


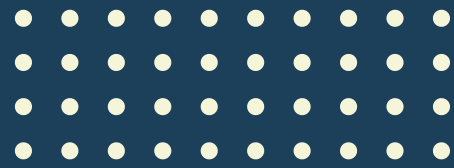
5 STEPS TO EVERYDAY PERFORMANCE



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1 OF 11



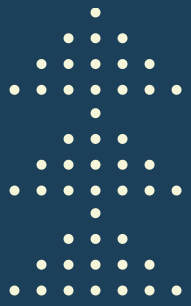
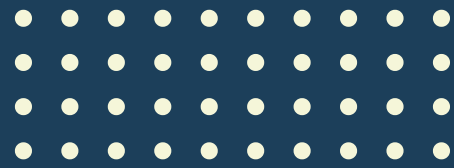


CONSISTENT AND QUALITY SLEEP



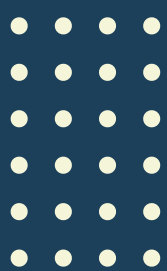
It's not sexy or the newest fad, but sleep is your most underrated performance enhancer. Most people know sleep is essential but have difficulty committing to it. Sleeping 7-8 hours is critical for recovery, cognitive performance, and longevity.



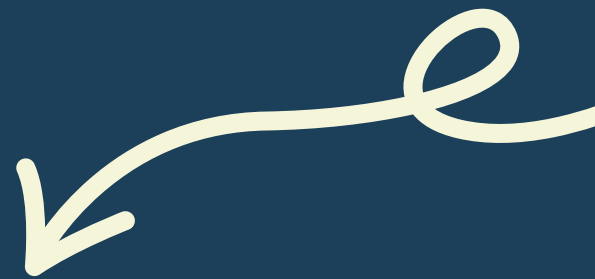


SLEEP TIPS

- 1.Keep your room dark and cool.
- 2.Develop a nightly routine that lets your body know it's time for bed.
- 3.Use a fan or white noise machine to block out any outside noise.
- 4.Try to keep a consistent sleep and wake time.
- 5.Try not to view any electronics 30 minutes before bed. If you do, consider using blue-light-blocking glasses or turning your phone on night mode.
- 6.Try to view at least 10 minutes of sunlight ASAP after waking. This helps set your natural circadian rhythm.

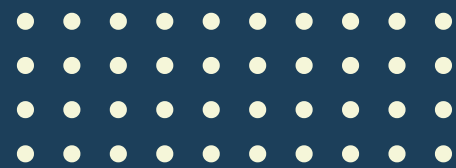


HYDRATION HOW TO OPTIMIZE IT:



Everyone knows they need to drink more water. But what is enough? The general rule is to drink half your weight in ounces of water daily.

So, if you are 200 lbs., you should drink at least 100 ounces of water daily. If you are 150 lbs., drink at least 75 ounces of water daily.



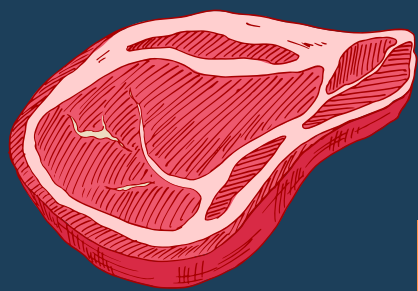
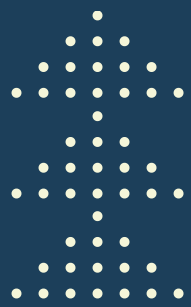
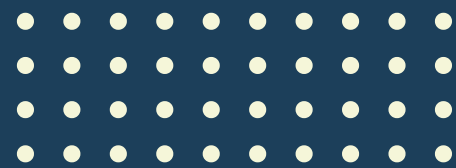
ELECTROLYTES

Another important factor in hydration is getting adequate electrolytes. Electrolytes are essential for basic bodily functioning and include sodium, potassium, magnesium, calcium, phosphate, bicarbonates, and chloride.

Electrolyte packets have become popular recently, and my favorite is LMNT. LMNT tastes good and doesn't have any of the added junk. Many electrolyte products on the market contain added sugars. The body uses electrolytes to process added sugars, which becomes counterproductive. And who needs extra sugar in their day?

If you don't want to spend the money on electrolytes, adding a pinch of sea salt to your water can have the same great results.

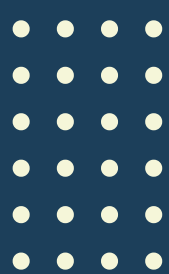
Hydrating with electrolytes first thing in the morning will start your day on the right foot and should help you have more energy throughout the day.

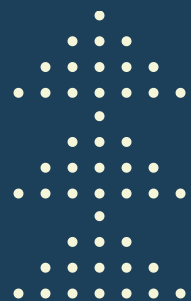


DIET: FROM THE GROUND UP

Everyone knows they need to eat healthier or clean up their diet but don't know what to do or where to start.

The standard American diet is highly inflammatory. With 7/10 deaths caused by chronic diseases primarily driven by our poor lifestyle choices, lowering inflammation with your diet is more important than ever!





WHERE TO START

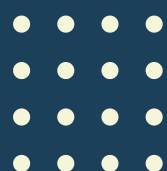
Many factors go into a healthy diet, and we generally advocate for a Paleo diet. The basis of the “Paleo diet consists of vegetables, fruits, lean meats, fish, eggs, nuts, and seeds.” Basically, it comes down to eating whole foods. You also effectively cut out processed carbohydrates and oils when adhering to a Paleo diet.

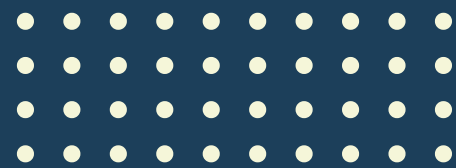
If you find this too big of a step, I recommend starting with cutting seed oils out of your diet. This will profoundly impact your health as seed oils are highly inflammatory and processed. Chronic systemic inflammation leads to diabetes, hypertension, high cholesterol, cancer, and more. An inflammatory diet is the root cause of most modern diseases. Seed oils include vegetable, soybean, canola, corn, sunflower, grapeseed, safflower, etc.

Extra Virgin Olive, Avocado, and Coconut oil should be your go-to oils.

If you want to overhaul your diet, start with a Paleo diet. If you're going to start with just one step, cut seed oils and see how it impacts your health over a month.

Cutting added sugars, gluten, and dairy will ensure you eat clean foods and allow you to perform better throughout your day.

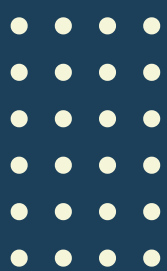


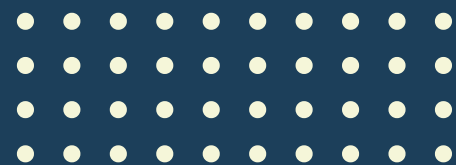


EXERCISE & RESISTANCE TRAINING

Like our diet, we all know that getting exercise is important, but knowing where to start can be difficult.

To show how important exercise is, an intriguing study showed that just 60 minutes of weekly resistance training lowered all-cause mortality by 27%. Another recent study showed that walking 8,000 steps or more daily lowered all-cause mortality. Getting any form of exercise is essential!





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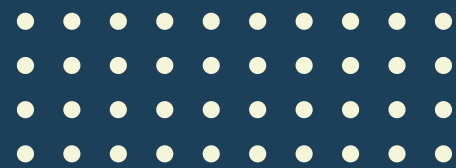
OPTIMIZE YOUR LIFE

If you are new to resistance training or don't know where to start, I recommend starting with five exercises and doing them for 3 sets of 8-10 repetitions. A common mistake is feeling that you must be highly fatigued or sore after working out.

Doing a warm-up with five different exercises should take around 45-60 minutes which is an achievable timeframe for most people.

If you would like a program or exercise examples, please reach out to us.

Muscle mass and cardiovascular health are also linked to longevity, so it is vital to keep your body moving.



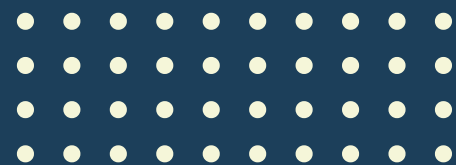
SUNSHINE: BRIGHTEN YOUR DAY



The last tip is sunlight, and it may be an underrated one. According to [Dr. Andrew Huberman](#), how we feel throughout the day and how much energy we have upon waking is directly related to how much sunlight we view the day before. We want to aim for at least 10 minutes in the morning. You are stacking victories if you can pair this with a distraction-free walk or activity throughout the day!

I know it can be challenging to find sunlight daily in Minnesota, but getting outside becomes even more critical when there is cloud cover.

Sunlight helps us set our natural circadian rhythms and gives us a little added Vitamin D. Plus, who doesn't feel good after getting some sun?



KEEP STRIVING TO BE THE BEST YOU

Setting and reaching goals can be overwhelming, but when you break them down and start with little habits like these, they can compound into significant effects.

I hope you find these tips helpful and can implement them daily. Little habits we can start stacking in life will lead to significant results, making setting and reaching goals seem more reasonable.

If you have any more questions on implementing these or are looking for ideas on where to start, contact us at Skare Spine and Performance.

