Health Assessment Across Body Systems

The next circle is health. And this has to do with all the organ systems that you're familiar with. Everything here related to the gut hair cut by, thyroid hormones, liver, kidney function, stress in the HPA axis here in vision.

Body composition, sleep. Cardiovascular health, VO2 max testing, blood vessel function, lung function, sexual function, brain function, autonomic nervous system function, related to heart rate variability and stress levels.

And then looking at peripheral nervous system bones, bone density, joint ligament and tendons and muscles, of course. And then these are meant to be representative.

There are even others that go on top of here. Sleep, of course, is a piece of it. Diet becomes a part of it. Those are all critical to be assessed and understand where somebody is and also optimized.

And then this circle of performance is the fourth circle, which is how we basically assess and train to keep ourselves fast, agile, strong, quick, balanced, with great cardiovascular capacity, great reserve, great ability recover and flexibility and we need to actually train these things specifically.

So first we have to assess where someone is and then train them. And the idea is that we really want them to be able to enter into a flow state.

Training for Performance and Flow State

And what they did in their, in their teens is not going to be what they have to do in their 30s, 40s, 50s and 60s every decade. It changes the way that you have to approach these things to maintain speed and agility and quickness and balance, and it really comes down to training the nervous system, if you will.

And this leads to the ability to access a flow state, which is kind of like meditation in motion, if you will. So in the life energy circle, learning to meditate, learning to decrease stress, becomes very, very important.

And then if you can learn to actually carry that meditative state into your life activities, now you're able to go into a flow state. This is when life becomes easy and effortless.

This really reduces stress and makes your enjoyment of life so much richer. In fact, flow states are equated with some of the greatest moments of people's lives.

Really, some of the most of pleasurable and enjoyable moments in people's lives. So this becomes really, really important. And we emphasize this a great deal with our with our clients.

We shouldn't be efforting our way through life. We should actually be allowing life to happen. And it's it's really comes down to being able to access a flow state.

The final circle has to do with the environments that we reside in, and that is we all really reside in four environments. For the most part. We have a home environment.

Designing Environments for Success

We have a work environment which could be in the home or could be in an office. We have business travel and then we have vacation travel, and it's so important to architect each of these to support the mission, right?

So if I don't want to eat ice cream, then I shouldn't have ice cream in the house. If I want to exercise, then I need to

know that my sneakers are with me.

When I'm on business travel and I need to know where the gym is and how I'm going to work out. If there is no gym, what I'm going to do, where am I going to run?

What stairs am I going to climb? What resistance bands will I take with me? If we're conscientious about architecting each of these environments, we know where we're going to find the food that we want.

We're going to know that we're going to be able to sleep on a on a, comfortable mattress in a room that we can cool the temperature down to a cold temperature so we can sleep cold, and it'll be dark and quiet.

If we architect each of these spaces for its optimal function, then we can. Actually, it makes it so much easier for us to succeed. And this becomes a really critical part when we help our clients do this.

I hope that's helpful to you. And kind of outlining the five circles that will be fundamental to this conference. And they're also fundamental to an application that we're building.

And I'll tell you about that in the next video.