



SLEEP		BREATHING																			
Sleep: 8 – 10 hrs. per night		Breathing to Balance the Autonomic Nervous System (ANS)																			
Deep Wave Sleep – Physical Regeneration <ul style="list-style-type: none">Hormone Management – anabolic (GH) vs. stress (cortisol)Tissue repair		<ul style="list-style-type: none">While performing breathing exercises, inhale through nostrils and exhale through pursed lips.To achieve high levels of performance all day, it is important to balance the ANS by breathing, sleeping and eating properly.																			
REM Sleep – Mental Regeneration <ul style="list-style-type: none">Focus, alertnessSynapses are ingrained		<table><tr><th>EVENT</th><th>Breathing Tempo • IN – HOLD – EXHALE (Seconds) X = Explode</th></tr><tr><td>Wake Up Tired</td><td>6 – 2 – X</td></tr><tr><td>Wake Up Anxious</td><td>6 – 4 – 10</td></tr><tr><td>Periodically During Day</td><td>4 – 2 – 6</td></tr><tr><td>Moments of Anxiety</td><td>6 – 4 – 10</td></tr><tr><td>Moments of Tiredness</td><td>4 – 0 – X</td></tr><tr><td>Meditating</td><td>8 – 4 – 12</td></tr><tr><td>Before Meals</td><td>4 – 2 – 6</td></tr><tr><td>Bedtime</td><td>6 – 4 – 12</td></tr></table>		EVENT	Breathing Tempo • IN – HOLD – EXHALE (Seconds) X = Explode	Wake Up Tired	6 – 2 – X	Wake Up Anxious	6 – 4 – 10	Periodically During Day	4 – 2 – 6	Moments of Anxiety	6 – 4 – 10	Moments of Tiredness	4 – 0 – X	Meditating	8 – 4 – 12	Before Meals	4 – 2 – 6	Bedtime	6 – 4 – 12
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Make your bedroom like a cave – dark and cool, with cell phone, computer, TV off, and asleep by 10 PM																					
TISSUE HEALTH		REBUILD																			
Pre – Post Sleep/Mobility/Self Massage/Recovery – To Be Performed Daily <ul style="list-style-type: none">Perform Pre/Post Sleep Routine, recommended Mobility and/or Recovery Supplements, as well as Self Massage <p>To improve muscle tissue health, the movement supplements and self-massage should be practiced daily. This can help promote improved tissue repair, muscle length-tension relationships, physical stability, and athletic performance.</p> <p>Optional: Hydrotherapy:</p> <p>The use of water for recovery, pain relief, is used to increase circulation, decrease inflammation, calm the nervous system, decrease stress, and help with regeneration.</p> <ul style="list-style-type: none">Cold Plunge: 50 - 55 °F for 6 min. for 200 lbs. or less. 15 min. for 300 lbs. or more.Contrast Plunge/Shower: 3 min. Cold showering alternating with 3 - 5 min. of Hot showering.		FUEL – BUILD – PROTECT – PREVENT – HYDRATE <p>Protein: .5 – 1 gram per lb. of body weight (Choose Organic Pasture Raised)</p> <ul style="list-style-type: none">Amino acids found in protein are the building blocks of muscle.If protein is not the primary macro – nutrient, then it does not count as a quality source of protein.Best choices: Turkey, Chicken, Fish, Beef, other meats, and Whole EggsOther good options: Low fat/whole fat cottage cheese and Greek yogurtIt is very difficult to get 1g / lb. – it is important to get a good breakfast, and plan quality snacks. <p>Vegetables: Quantity – 8 servings / day Variety – 5 to 6 different colors (Choose Certified Organic)</p> <ul style="list-style-type: none">Great source of nutrients, antioxidants, and fiber																			



- Hot Mineral Salts Bath: 97 - 104 °F

**Avoid long, slow, distance running – it causes stiffness, overuse injuries, and decreases power.

- Help to buffer blood pH – acidic environments break down tissue, basic environments are good for rebuilding tissue.

***Avoid "White" Foods** – protein and veggies are nutrient dense. "White foods" such as bread, pasta, rice, potatoes have very little nutritional value, and are converted to sugar very quickly.

Hydration: .5 – 1 oz. of Water per lb. of body weight

- Water that is filtered is best. Tea and coffee do not count. Avoid liquid calories (juice, soda, alcohol, etc.)

Healthy Fats

- Fish Oil: Men = 3g EPA + DHA / Day Women = 1g EPA + DHA / Day
- Avocados, Olive Oil, Coconut Oil, Almonds, Walnuts, Macadamia nuts

FEEL BETTER • MOVE BETTER • PERFORM BETTER